TONE, LIMBERING AND POSTURE EXERCISES

Posture

We will be covering the body in detail with the next section, but for the time let it suffice to say that the body is held together by tissues, it is not rigid. As such it is highly flexible, although with age these tissues contract and the body becomes more rigid. Another factor of your body's agility and freedom of movement is habit. Habit is largely what determines your posture. But the position and shape of your body are subject to change, just as your habits are.

When I first met Arnold Schwarzenegger in Chicago after the 1969 AAU Mr. America contest, I noticed that he always held his shoulders back, chest out and lats flexed. He consciously held this position, and his body has actually grown into that position.

You can actually stand in front of a mirror, find the posture you look best with, and then assume that position all day, every day, until your body grows into it. It certainly worked for Arnold. Think of yourself as a mental orthodonist, using your mind to reshape your body as an orthodonist uses braces to reshape your teeth.

Another factor in posture is a person's sense of balance. Usually people develop a posture which makes them feel balanced, and the biggest problem in changing posture is that it makes people feel clumsy and off-balance at first.

As you develop your body, and with age, your sense of balance shifts. The following is a simple exercise which helps develop good balance. You should include this in your exercise routine to help your posture and balance.

Perform this exercise 3 or 4 times for each leg. Do not pause between squats.

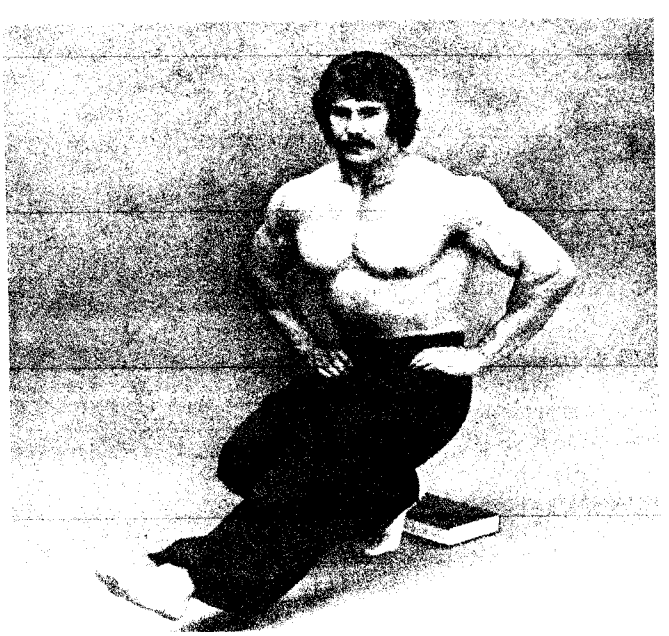
ONE LEG SQUAT

Stand with your heels together and place your hands on your hips. *

Very slowly, bend your knees, holding your left leg out, until you are in a squatting position, resting on the toes of your right foot.

Very slowly straighten your knee and return to the standing position, feet together.

Repeat with the right leg held out.



*Some people find this exercise easier if they stand with their heel elevated on a book or brick. as illustrated in the photo.

Stretching

The following exercises are simple stretches. They are good for tone, posture and warm up. The degree of difficulty for each of them varies according to your muscular development, agility and age.

Do these as best you can, but do not strain yourself or force your body into the positions. Do not cause your body pain with these movements. Do them to the point where you can feel your muscles and tendons stretching. Perform them slowly, holding the position for the count of seven. Be sure to count slowly, with each count lasting about one second. Before doing these you should practice counting for seven seconds with the aid of a clock.

These exercises are very good "wake up" movements for your muscles. They are not designed to put on muscle, they are toners and a great way to stretch after you've been sitting for a long time.

It's easy to feel the benefits of these stretches in the mornings. If you don't drink coffee, try getting out of bed and running through these and see if you don't feel awake and alert.

By the way, if you have trouble waking up in the mornings, try "cold friction". Take a wash cloth and wet it with cold tap water. Then rub your arms quickly with it. This stimulates your skin causing blood to move towards it. This is the same thing which occurs when you do these exercises. You force blood into moving quicker which wakes up all your other organs in the process.

For posture and the spine:

TWIST

Bend forward at the waist until you are looking at your feet. Keep your knees locked.

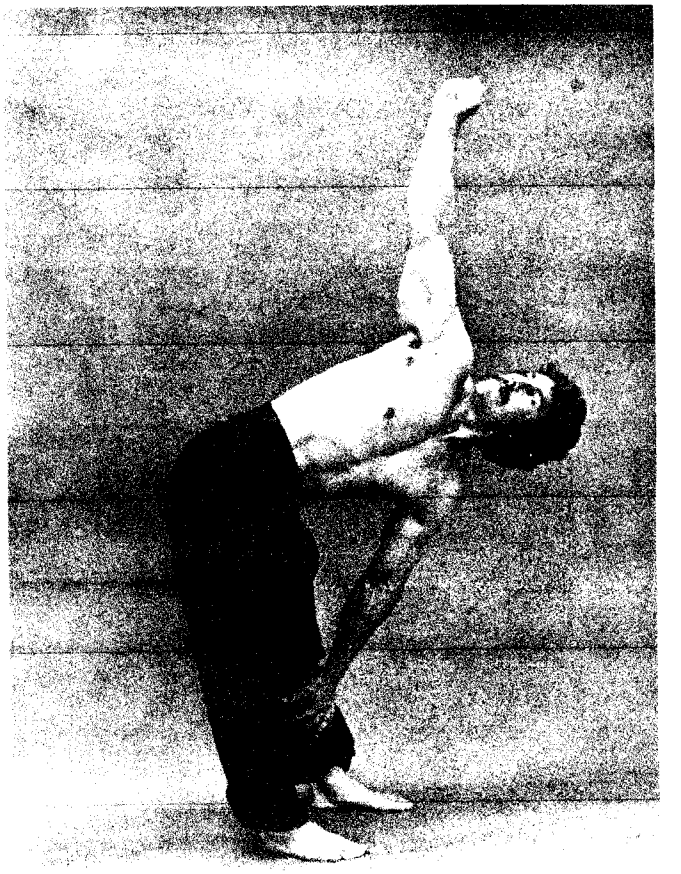
Reach down the inside of your left leg with your left hand, and hold onto your leg as close to the ankle as possible.

Now take your right arm and move it to the right so that you are pointing towards the ceiling. Be careful to keep your eyes fixed on the back of your hand.

Twist at the waist, shoulders and neck. Don't twist your hips.

Hold this position for seven seconds.

Return to the upright position, and repeat for the left side.



No general exercise routine should forget STANDARD TOE TOUCHING. Toe touching is beneficial for stretching your shoulders, back and legs. For advanced students, try bending forward at your waist until your forehead is touching your knees.

Another very thorough stretching technique is the REACH. Go up on your toes, and reach for the ceiling, stretching your legs, stomach, arms and fingers upwards toward the ceiling. Once you are on your toes reaching, intensify your stretching for seven seconds.

For the shoulders, back and legs:

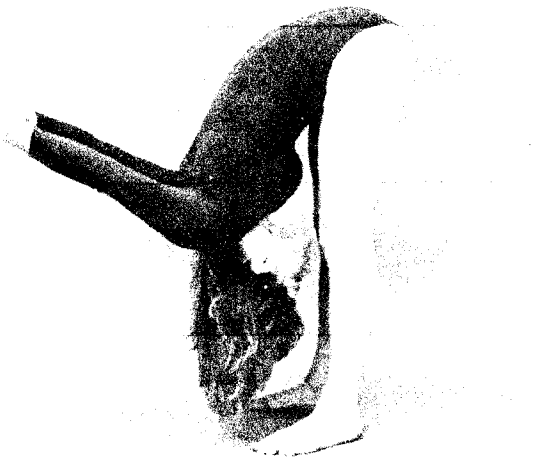
THE STRETCH

Stand with your feet together and bring your arms around in back of your body.

Clasp your fingers together.

Bend backwards as far as you can, while at the same time moving your hands and arms as far away from your back as possible. Keep your elbows locked.

Hold for seven seconds.

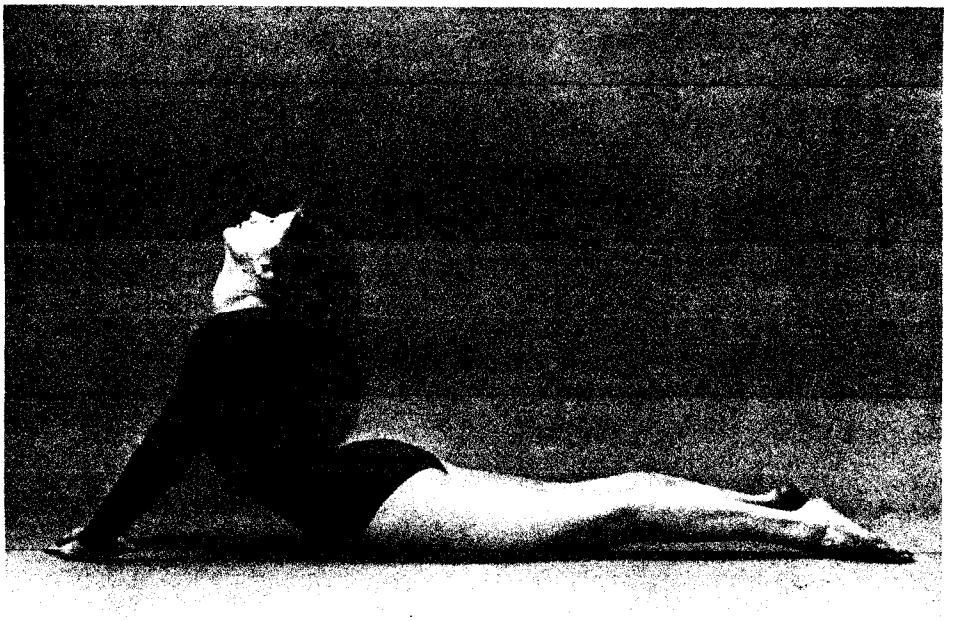


Model Michelle Klimesh

Return to the standing position, arms still at your back, fingers clasped.

Bend forward at the waist so that you are looking at your feet. Keeping elbows locked, raise your arms as far away from your back as possible.

Hold for seven seconds. Return to standing position.



For the spine:

EASY RISER

Lying on your stomach, feet together, bring your hands under your chest with your elbows bent and in line with your shoulders.

Push up on your hands, straightening your arms and raising your upper torso as far from the floor as possible, or until your elbows are locked. Bring your head back trying to look up at the ceiling.

Hold for seven seconds. Be sure to keep your body on the floor from your hips down.

For the lower back, buttocks and backs of thighs:

BACK PUSH-UP

Lying on your back, bring your knees up as far as possible, with feet on the floor and knees together. Rest your palms firmly on the floor, close to your head.

Push against the floor with your hands and feet raising your body. Arch your neck, and rest the top of your head against the floor. Arching your back, raise up as far as possible.

Hold for seven seconds.

Slowly lower your body to the floor.

If you have trouble doing this at first, try raising your body without lifting your head from the floor, arching your back as much as possible. This should help strengthen and stretch your lower back.

Model Michelle Klimesh

Part IV

THE CHI EXERCISES

To achieve maximum benefit from exercise you must learn to exercise your mind as well as your body. The power and strength to perform an exercise *does not* exist in your muscle, *it exists in your mind.*

These exercises will teach you many things. They will strengthen your thought processes. These exercises cannot be done without using mental concentration. You will be putting as much mental effort into performing these exercises as you will be using physical strength.

These exercises will strengthen the lines of communication between your mind and your body. You will discover the potential and strength which lies within you. You will become acutely aware of your body, each and every muscle fiber and tendon! You will realize that your true strength lies in your mind.

These exercises will increase the strength of your mind, and your muscle. You will soon be doing things you never thought possible. As the lines of communication between your mind and body become more aware, you will discover that you can exert your strength far beyond what you imagine. Today you are capable of exerting only 30 percent of your total strength. After practicing these exercises, if you follow and learn my method, you will learn to bypass that barrier.

These exercises will develop your body. If you are looking for big gains, and if you are watching your protein intake as explained earlier, you will gain in muscular size. If you already workout, use these exercises in addition to your normal routine.

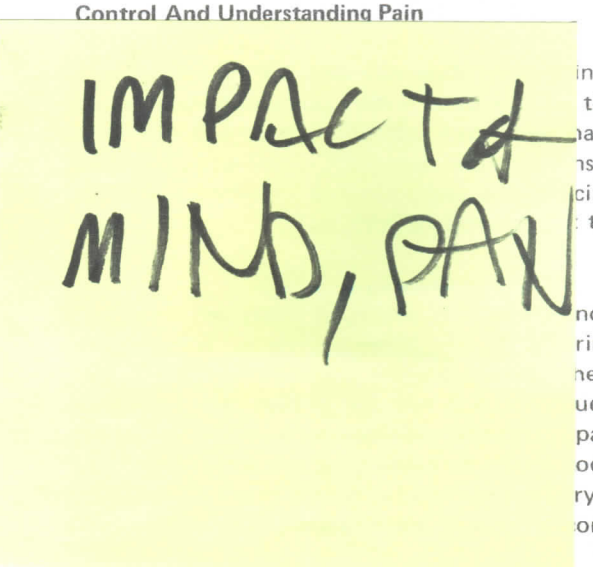
These exercises don't just stretch the muscles, they push blood into those unused fibers in the center of your muscles. No gym equipment can work a muscle the way your mind can. If you are not looking for muscular size then cut down on the proteins and watch your muscles tone and shape up, without the bulk!

These exercises will help you relax. Relaxation is a way of life in the Eastern civilizations. In America, people do not know what the word means. These exercises will teach you to work a muscle, and also show you how to relax a muscle. In a systematic routine which works every part of your body, you will learn to relax all of your physical and mental functions.

These exercises will teach you to turn-on your body. You will learn how to achieve your maximum strength. You will learn how to gear up your mind so that your body is completely under its control. You will put your body and mind in condition for any emergency.

These exercises will develop your Chi. Through these exercises of the mind and body, you will learn to feel and understand your internal strength. By following what I say, and by developing a daily routine (use the chart provided on the opposite page) you will know the feeling of Chi mind control. Once you have grasped the concept, it is only a matter of time before you learn to exercise that control in every aspect of your daily life.

Control And Understanding Pain



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These exercises will begin to show you how to endure pain. When you perform them, cause your body as much pain as possible. When you do this, concentrate all your mental energy on one part of your body, but think of the part of your body, not the pain. Pain is a sensation, and your mind can make that sensation pleasurable,aching, burning or void. Your mind has the capability. When you perform these exercises, make that sensation in your muscle *tense,* don't interpret it as *aching* or *painful*.

You must try to perform these exercises harder every day. Each time you tense a muscle, tense it harder than

the day before. Do not let the sensation of the blood being forced deep into your muscle keep you from tensing harder. Do not let your mind acknowledge that sensation as unpleasant.

If you should get a minor cut or burn, you should use this as Chi training ground to practice your mental control of pain. Concentrate all your mental energy away from the injured area. Don't feel it. Don't think about what you are feeling. Don't acknowledge the pain. Don't react to it. Your mind is in control, direct it to other thoughts.

When you are in the gym and feel the pain of pushing your body one extra rep, think past the pain, know that your body can do it. If you are in a fight don't let the pain turn to fear, they are both controllable. You must think past the pain, ignore it. Always keep your mind thinking ahead, of what to do and how to control a situation, don't let yourself dwell on things that have been done.

Your mind is like a camera. It can scan your life and see confusion and fear; or it can focus in and find peace and beauty.

You have your finger on the shutter.

To Begin . . .

Before you perform any of these exercises, remember to breathe in and out several times, filling your lungs with clean air to give yourself the maximum physical strength.

For the experienced body builder, these exercises will come very easy. Remember to keep in mind, always tense the muscle harder!

All of these exercises utilize the imagination to provide a stimulus for your muscles to react to. When an exercise calls for you to think that there is a wedge between your forearms and your body, really believe that there is a wedge. And don't sell yourself short by imagining a foam rubber wedge. Imagine that there is an invincible wedge, and that you *must* put forth your maximum exertion against it.

You must also concentrate all your mental energy on the point which you are working. If you are working your arms, forget that the rest of your body exists. Before beginning the exercise relax your whole body. Let your arms, legs, back, neck and shoulders go limp. Take inventory. Is everything relaxed? How about your toes? Your lower jaw? Your eyebrow and forehead?

Once you are relaxed begin to take in several full breaths of air. Concentrate only on filling your lungs. Feel the air enter your lungs. Feel it feed your blood and body with energy and power. Hold the last breath in your lungs, but don't hold a full breath. Just breathe in normally, and hold it.

Then focus all your mental and physical energy on the exercise. Get in position and *immediately* tense the muscle. Do not gradually work your way up. Immediately focus all your mental strength and energy in one place. Do not give your mind the time to wander. Do not breath out. Do not relax. Tense as hard as you possibly can, and then tense harder.

Try to look at the muscle you are working. Use a mirror if you cannot turn and actually see the muscle. Stare at it and watch your energy flow into it. Watch it grow larger. Imagine it growing larger than it actually is.

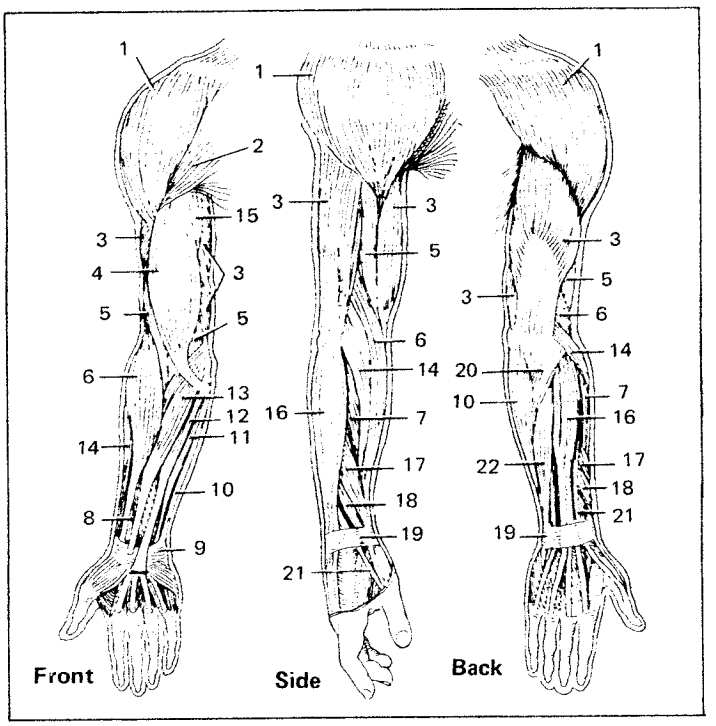
Thinking to yourself, count seven seconds. With each count, tense your muscle harder until you shake with the energy. After the count of seven, relax completely.

The positions I give you here are guidelines. You may slightly alter them to suit your own development and posture. Explore your body. Try different angles, different positions. The tensing remains the same. Use your mind to tense the muscle, use your imagination to tense it harder. Any position you can tense in is doing some good, so if you need to slightly alter these, feel free to.

When you start the exercises in the other sections you may wish to come back and review these basics.

NOTES

MUSCLES OF THE ARM



1 Deltoid
2 Pectoralis Major
3 Triceps Mm
4 Biceps Mm
5 Brachialis
6 Brachioradialis
7 Ext. Carpi Radialis Brevis
8 Flexor Pollicis Longus
9 Flexor Retinaculum
10 Flexor Carpi Ulnaris
11 Flexor Digitorum Sublimis
12 Palmaris Longus
13 Flexor Carpi Radialis
14 Ext. Carpi Radialis Longus
15 Coracobrachialis
16 Ext. Digitorum Communis
17 Abductor Pollicis Longus
18 Ext. Pollicis Brevis
19 Ext. Retinaculum
20 Anconeus
21 Ext. Pollicis Longus
22 Ext. Carpi Ulnaris

ARMS

For the bicep:

SINGLE BICEP, FISTS BENT*

Relax. Breathe fully, holding your last breath.

Stand with your right bicep tensed, with your fist curling inward. Imagine a wedge between your bicep and your forearm. Pull against this wedge as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the left bicep.

(If at first you shock the muscle and it goes into a cramp, just relax and rub it. It will soon subside, and with a few workouts will no longer cramp.)

*You may wish to perform this exercise with both arms at the same time.

After performing each exercise, actually feel the muscle you have just worked.
Reach over with your hand and feel the tenseness, the strength and hardness of the muscle.

SINGLE BICEP, FISTS FORWARD*

Relax. Breathe fully, holding your last breath.

Stand with your right bicep tensed, with your fist facing forward. Imagine a wedge between your bicep and your forearm. Pull against this wedge as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the left bicep.

BICEP, FIST BACK*

Relax. Breathe fully, holding your last breath.

Stand with your right bicep tensed, with your fist behind your head. Imagine a wedge between your forearm and your bicep. Pull against this wedge as hard as possible.

Hold for seven seconds.

Relax.

Repeat for the left bicep.

**You may feel more benefit from performing these exercises with both arms at the same time.*

FORWARD BICEP

Relax. Breathe fully, holding your last breath.

Bring your arms in , elbow next to your body. Bend your wrist in towards each other. Imagine a wedge between your forearms and your chest. Pull against this wedge as hard as possible.

Hold for seven seconds.

Relax.

You may be noticing strain and tenseness in other muscles besides those which are being worked. This is because the muscles are having to move in line to provide the basis and support for your exertion. A common area to feel this in is your wrists and forearms, because they are usually an unworked, rather undeveloped muscle area.

As we progress, you will eventually learn to perform these exercises with movement. This will work several muscles at a time, while your concentration will remain focused on your movement, rather than a particular muscle. Do not try these until you have received the instruction in a future section.

For the tricep:

In these exercises you will not be imagining a wedge. Instead you must imagine that you are attempting to bend your bones.

It is impossible to break your bones with these exercises. You can only hurt yourself by coming in contact with extraneous objects. It is impossible for you to concentrate too hard, but give yourself one piece of metal to strain against, and that is no longer true.

Because of the concentration involved with these exercises, it is good to perform them in a quiet atmosphere, away from distractions. You do not have to do them by yourself, but I would advise a quiet and calming environment.

TRICEP, THUMBS FORWARD

Relax. Breathe fully, holding your last breath.

Stand with your arms to your side, fists toward your body and your thumbs forward. Imagine that you are attempting to bend your arms backwards at the elbow, keeping your arms to your sides. Exert as much as possible.

Hold for seven seconds.

Relax.

TRICEP, ARMS OUT

Relax. Breathe fully, holding your last breath.

Stand with your arms at your side, held away from your body, with your lat muscles tensed. Curl your wrists under with your fists toward your body. Imagine that you are bending your arms backwards at the elbow, keeping your arms in line with your body. Exert as much as possible.

Hold for seven seconds.

Relax.

TRICEP, ARMS BACK

Relax. Breathe fully, holding your last breath.

Stand with your arms held behind you, slightly bent at the waist. Curl your wrists back so that your fists are facing the ceiling. Imagine that you are attempting to bend your arms backwards at the elbow. Exert as much as possible.

Hold for seven seconds.

Relax.

Some of these exercises may be more beneficial to you than others. Pick those that work your muscles the best. If you have a particular problem area, such as the bicep, I advise doing all of them. Choose those that you are most comfortable with and list them on the exercise routine chart.

As your body strengthens and adapts itself to this routine you may find that by rotating these exercises you get maximum benefit. Do not switch a routine for at least four weeks.

REVIEW

We have barely begun to scratch the surface of learning Chi mind control. What we have covered so far are the ground rules for helping your body. You should be beginning to understand the essential role your mind and mental attitude play in your health and your life. You should be starting to feel the mental control you have over your body.

Start to listen to yourself. During this week pause and listen to what your body is doing. If you run, listen to your breathing; if you work out, feel how your body tires. Perform your arm exercises once each day.

Pay close attention to your diet and nutritional needs. Begin to chart your food intake rate. Study the Vitamin And Mineral Deficiency Chart and the Food Value Chart to get acquainted with your body's nutritional needs.

Pay attention to your dreams. Look at who you are, and who you want to be.

Begin to make a list when you think of things that are important to you. You are in control of what will happen to you, but first you must look at where you are to see where you are going.

Think about the things you do this week. What are the things you want to change, what are the things you want to add? Write these answers down if you can, and keep them in your thoughts. Record your dreams if you can, I think you will be surprised at what you find in them. Be sure to write them down when you first wake up, before your conscious mind has time to change them.

You are a total individual. Just as the solar system needs each of its planets, so you need each of your body functions to be in perfect shape. What we have covered are the basics, pay close attention to them.

Remember that learning is incomplete without understanding, and understanding comes with experience. Look forward to the next section, but also spend time to understand the teachings we have covered here.

CHI

Each person has within his own control the enormous power of Chi, the internal strength. It lies sleeping within you, waiting to be triggered by some undefined, extraordinary emotional force.

For each person this motivating force is different. What drives you, what makes you thoughtful is different from what causes me to react. You are unique. You have the power of Chi within you. You must find the keys which will release it.

I will provide the knowledge you need to understand your internal strength. You will learn why and how your body reacts to outside influences. You will learn how to work your body with your mind. You will learn how to release your Chi. The only thing I cannot give you is the key to yourself. You must find that on your own. Keep this in mind throughout the course, and it may be waiting for you at the end.

Section 2

Part I

We have much ground to cover in this section. Some parts will be very relevant to your life, and others hardly at all. Keep a pen or pencil near so that you can make notes if you like. Remember, this course is an instruction, and your notes will help you study and recall the information.

In this section you will begin to explore your personality. You will learn some of the reasons you act. You will understand more about yourself.

You will also learn how your body works, and reach a better understanding of the integral part your mind plays in your actions.

Again, let me caution you. Do not go through this course too quickly. Take your time, and read and experience it as you experience everything in your life—one step at a time.

If there are parts of particular interest to you, then go back later and read them again. Take time with the questions, don't answer them all at once. You have time to spend with this course—use it.

Recall the things you learned in the last section before reading on. If you've been doing the exercises regularly, you should be feeling more in tune with your body, experiencing new strength and tone in your upper arms, and you should have a better understanding of how your mind and imagination can force your muscles to react. You have learned to chart your eating habits and you should realize the important role nutrition plays in your life.

DISCOVERING OURSELVES

To understand yourself, you must have an understanding of basic human nature. There are strong correlations in the mental and physical sides of life. Everyday doctors' offices are besieged by people believing that something is wrong with their bodies, when the real problem is in their mind. To cure these ailments, the patient must learn to recognize the relationship the mind plays in bringing about a physical disorder.

The most common ailment of the Western society is nervousness. The most commonly prescribed drug is a tranquilizer. No wonder all this medication cannot stop the problem! Nervousness, in a majority of the cases, is a psychological problem, rather than physical.

Emotions

There are three elements which compose what we commonly call "human nature"; that is, the things which make us act. These are: emotions, habits and instincts.

Instincts are those primal urges for food and survival. In modern man there are very few instincts left, and very few which we act upon.

Habits play a larger role in our lives. If it were possible to record your whole life on a movie and play it back, you would find that there are thousands and thousands of actions, reactions and patterns, which continually repeat themselves. There is a certain way in which you react to meeting new people; a certain pattern to the way you wake up each morning; a certain way which your body digests the food you feed it. You have both physical and mental habits.

As we've already learned, success is guided by the habits you form. Some people form helpful habits of good exercise and controlled thinking; others form habits like smoking and drinking and spending their lives reacting to situations rather than controlling the situations. That is part of the reason you are keeping a list. It will help you correct bad habits, and form new habits.

The third element of human nature, and the most uncontrollable, is emotion. Your basic instincts lead you to provide food and shelter for yourself. But what makes you try for that better paying job? What makes you go back to school? What makes you go to the gym? What makes you choose a certain style of clothes?

The answer: Emotions.

Emotions are part of every decision we make. They provide the pain and beauty which give life meaning. They bring laughter to a situation. They bring sorrow and joy.

CONTROLLING YOUR EMOTIONS

There are many people who feel that they cannot be held accountable for their feelings. They use the excuse "Oh, but I couldn't help it. I just *felt* that way." But they can help it.

Your mind provides the train terminal for your actions. Emotions provide the steam for the train. The direction, or lack of direction, is within your control.

The Subconscious Mind

The subconscious mind is more susceptable to influences which are emotionally based, than logically based. That is why you sometimes react to an emotion before you have really had a chance to think about it.

There are thousands of emotions, and each one is individually linked to a certain stimulation or situation. Some are positive, and some are negative. You should learn to think within the boundaries of the positive emotions. This will have an affect on your subconscious thinking, and basically will make you a more positive person.

The words emotion and feeling are almost interchangeable, their meanings are so close. It would be impossible to list all the feelings there are. But to help you start to understand what positive emotions are, I have provided a short list:

Positive	Negative
love	hate
trust	fear, distrust
desire to be liked	jealousy
desire for self-improvement	self-pity
faith	feeling of hopelessness,
compassion	giving up
desire to help others	revenge

Only one emotion can occupy your subconscious at a time. It is either positive or negative. Think about yourself, and why you do most things. Why did you buy this course? For a positive or negative reason? Why do you choose the friends you do? For positive or negative reasons? Are you primarily a positive or negative person? If the answer is negative, you should put on the top of your list: Think positive!

The only way to turn your thoughts towards the positive side is to make a conscious and assertive effort. Form a habit of using your positive emotions. Think about why you react to things the way you do.

If you find that you are acting out of negative emotions, then write down on your list the positive emotion you should be reacting to. For example, if you are holding down a job because you fear having no money, then put on your list: "Look forward to work as a new experience—learn and improve from it," or "Look forward to work as a chance to be with people and friends—a chance to be social".

Start to look at the reasons you are doing what you are now doing in life. Think of the positive motivations that could be guiding you. Write them down. Let the positive emotions guide you.

What you are and what you do with your life depends largely on the way you think. Positive thinkers are usually a success in what they endeavor; negative thinkers are not. The choice is yours, and the choice can make or break you.

Build Habits

Day by day, learn to build your positive power. You cannot form a habit overnight, nor can you change your way of thinking in a day. You must make a conscious effort to correct and control your thinking. Each day when you wake up, and each night when you go to sleep, think positive!

You can accomplish whatever your mind can conceive, and if you limit your thinking to negative thoughts, then what you can accomplish doesn't add up to much.

If you have problems with negative motivation (and remember, negative motivation is reverse motivation) you should keep this on the top of your list. And don't just read the words. Think about what they mean. Think of how you are going to replace a negative emotion in your life, with a positive one.

If you stick to this, you will eventually control not only your emotions, but you will control the very primal impulses which stand behind your every plan and action. If you want to be in control, you must first put yourself under control.

Releasing and Controlling Your Emotional Energy

The ultimate object of emotion, sensation and feeling, is to produce ACTION. The nervous system is set up to carry this out. It is an adaptive system which enables us to do something to the environment in which we live. It enables us to protect ourselves, to prolong our life, to improve ourselves and our lifestyle.

An association within the subconscious mind triggers your body to react. Your body responds quicker and more intensely to an emotion, than to a logical thought. Thus, it is much easier to run from a wild bear, out of a feeling for self-preservation, than it is to run just because a coach tells you to. Chi mind control can allow you to consciously trigger a subconscious motivation. But first, you must make certain that the lines of communication between your subconscious and your body are clear of any interference.

On the next few pages I will explain three of the most common types of impairments. Following that is an indepth personality evaluation, where you will analyze and evaluate your personality.

Impairment—Nervousness, Anxiousness

In certain states of emotion, the ability to carry through with the action is impaired. The thought process sometimes stops when it perceives an emotion, instead of carrying out the action.

Since the natural reaction to emotion is action, this incompleteness can cause sensations of anxiousness, tenseness and annoyance. These are commonly referred to as "anxiety states". There is tension and strain. Things are dreaded. Often there is an increase in heartbeat, breathlessness, tenseness and faintness. Stage fright is this type of reaction. The individuals who suffer from this cannot get past the "thinking stage" to carry out the action.

These people must learn to convert their sensations and emotions into actions. Action is the natural reaction to emotion. You *must* act out your emotions, and usually the best way of doing this is by expressing yourself. Don't let your emotions stand in your way. Let them fulfill their natural task and serve as your motivators.

To be effective, you must make a habit of expressing your emotions. You must learn to look at what you are feeling, and learn to read what your emotions are trying to tell you to do.

One author once said that you should never allow yourself to be moved by emotion at a symphony or concert without working it off doing something afterwards. What he meant was that actions *must* follow emotions. When you feel moved by music, you want to get up and dance. When you enjoy a performance, you want to enthusiastically clap your hands. You are relieving your urge to physically react to emotion.

Once you understand the basic mental and physical functions which cause you to react, it becomes easier to

control and manipulate those actions. If you want to increase your gains in a workout, you can use a mental stimuli to increase your emotional response to that workout. This will allow your body to put out more energy, thereby intensifying the workout and increasing your gains. You will see how this works at the end of this section when we continue with the Chi exercises.

Impairment—Uncontrolled Anger

Everyday you can pick up a newspaper and find stories of murder, beatings and suicide. In most cases, the assailant is male. Many times the cause is anger.

If you lose your temper easily, the last thing you should feel is alone. The problems of the Twentieth century provide plenty of reasons. By displaying anger you are acting out your emotions, but unfortunately, it is the most fatal of the negative emotions.

Anger can show itself in different ways, but its destructiveness is always present. A cross remark to your wife can spoil an evening; exploding at your boss can lose you your job; anger at your own action or failure to act can result in harm to yourself or your immediate environment. In almost all cases, anger results in a violent reaction. At its best, anger causes discomfort; at its worst, uncontrolled anger can destroy a person.

Anger is a common emotion caused by our aggressive nature. Anger cannot be done away with, but the way you react to anger can be controlled. If anger has caused you problems, here is a list which may help you in controlling it:

Effective Ways of Handling Anger

Accept its presence—face it as something to deal with.
Exercise control of action.
Do something about the anger: try to understand it, its cause, its magnitude, at whom or what it is directed, whether it is appropriate, the other person's motive.
Talk about it to the person who caused it, to a friend, to a stranger, talk off the steam.
Try to remove its cause.
Take it out on something where it will do no harm.

Ineffective Ways of Handling Anger

Trying to suppress the feeling of anger.
Trying to ignore it and shut it out of the mind, pretending it isn't there. Hiding it, not telling anybody about it, bottling it up. Projecting it, blaming it on something other than its cause.
Compromising yourself to it.
Introverting it, blaming yourself.
Trying to get even.
Trying to retaliate against it.

Consider whether the adoption of different goals and broader purposes would reduce the number of anger producing situations in your life.

Impairment—The Sense Of Inferiority

A sense of inferiority is a set of ideas strongly bound together emotionally. It makes you feel less than your peers. Disappointment, failure, defeat, and infirmity are the seeds of the inferiority complex. The basis of the feeling could be physical, environmental or mental.

Many times the cause of inferiority feelings is physical. Sometimes the reason for the feeling of physical inadequacy cannot be changed or corrected. But in many cases it can. Posture can be corrected, as you learned in the previous section. Complexions can be improved, the muscles and tone of the body can be developed through exercise and determination, even scars can be removed (we will cover these in future sections.)

What Do You Want To Look Like?

For everyone, regardless of whether you have feelings of inferiority or not, you should take an inventory of your physical condition. One of the most important tools in body development and care is the mirror. The mirror can tell you where you need more emphasis and it can show you the improvement you make. You look at other people all day long—don't forget to look at yourself.

At least once a month, stand in front of the mirror and grade yourself. Really evaluate your personal appearance. Look at your body posture, stance, tone, development and health. Be honest.

If you don't like what you see in the mirror, then say so. Try this tonight.

There is a chart on the next page to grade yourself. Circle the most appropriate rating: Good or Needs Improvement.

If there are special areas you want to work on make a note of them. As we go through this course we will cover all the parts of the body. Find out now where you want to put *special* emphasis.

The Physical Evaluation Chart is divided into three rating periods. Come back in a month and grade yourself again — you will be surprised at the improvement!

Remember, be honest!

Inferiority—Mental or Environmental

Very often inferiority feelings form at an early age. A child is receiving low marks in school and becomes discouraged. Worse yet, his brothers and sisters may make better marks. His parents may fight and make him feel humiliated. Too often feelings of inferiority can inhibit someone's chances of developing their capabilities and aptitudes. Many times inferiority can make a person give up before they've put up a fight.

Sometimes inferiority feelings are literally thrust upon someone. A person may accept a position which is above their capabilities. Consequently, they do not perform up to expectations, which makes them feel inadequate. Those feelings of inadequacy spread themselves out to the person's social and home life. Eventually, the person gives up and accepts a position below their capabilities.

In both types of inferiority people become overwhelmed by real and imaginary shortcomings. Many of them become recluses. Often they accept blame without ever questioning it. They abuse themselves.

Once the sense of inferiority, whatever the cause may be, has become a part of their personality, the fight is on! The individual must compensate for those feelings. The advantage of the person who is aware of their inferiority complex is that they can take control of the direction and method of compensation.

The most common compensation is the development of an attitude of superiority. Most people who at first glance radiate with self-assurance are only putting forth a shield to protect their feelings of inferiority. The caution here is to avoid *over* compensation.

Another common way to counter these feelings is to fantasize. Daydreams and wishing are fantasies. The only caution here, is to avoid becoming lost in your fantasies. Dream, but remember that those dreams are not reality. Wish, but make sure those wishes are not so great that they will never come true.

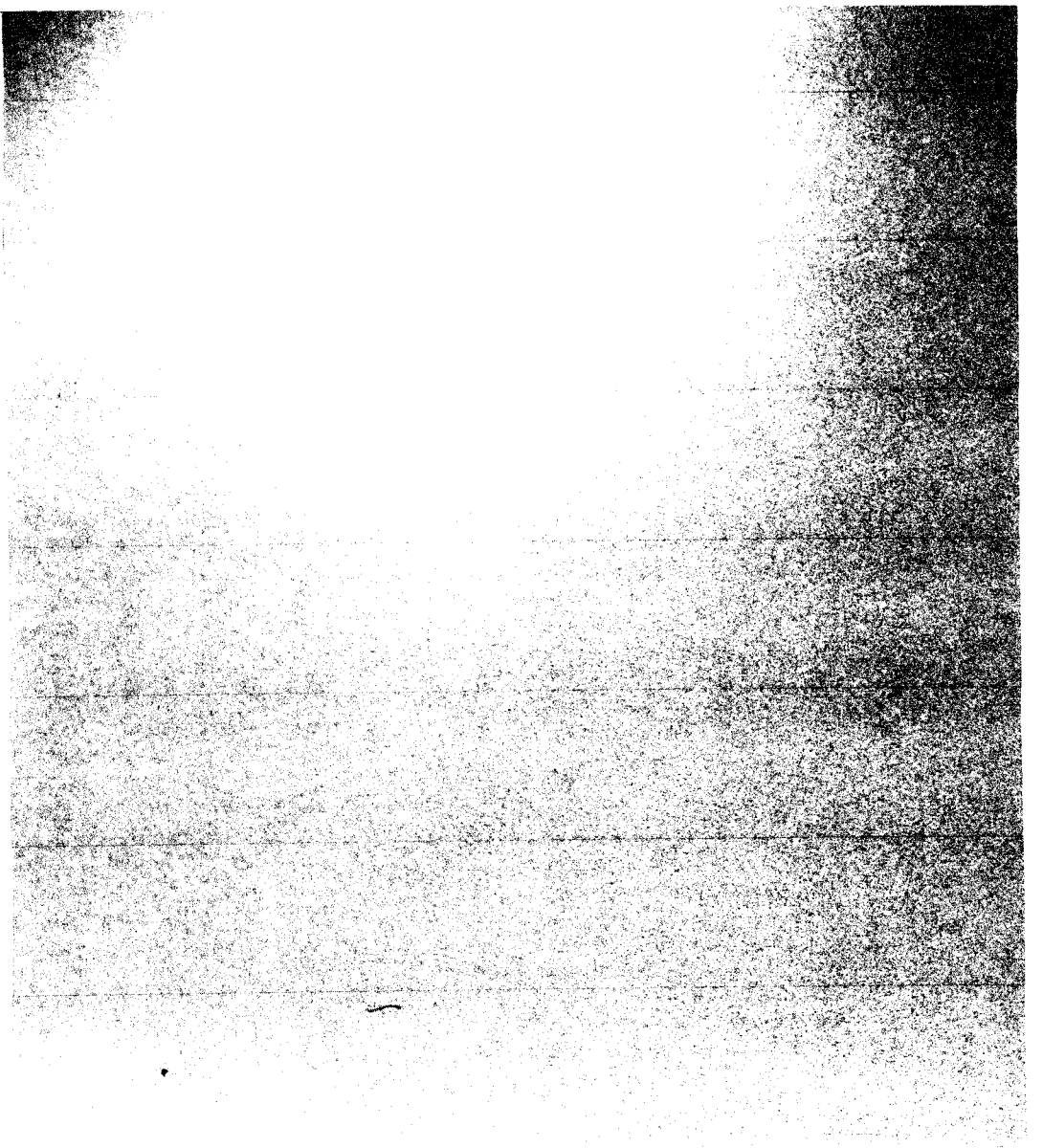
The most positive form of compensation is the "specialist method". With this, the person accepts his shortcomings for what they are, and centralizes his goals on his abilities and capabilities. In school I had a teacher who used to say that everyone had a special thing, which they could be better than anyone else. I believe that she was right. The only danger here, is that you may mis-assess your abilities, and leave your real talent undeveloped.

Because of the compensatory reaction to inferiorty feelings, the complex has been called the "golden complex". Many times people develop and improve themselves due to inferiority feelings. Things that they never would have attempted are accomplished because they feel they must prove themselves. Again, the only fault and tragedy involved with the inferiority complex is non-action, or acceptance of those feelings as being unchangeable.

Take Action

As we found in Section 1, you are in a continual state of change. You are also in control of your destiny. You are in control of what and who you become. But first you must make a decision of what you want to be. You must decide how you want to think.

There is an old story about three men who were given the task of sculpting an elephant out of a huge rock of clay. The three men conferred on the matter, decided among them what the elephant should look like, and then they began to cut away all the clay which was not a part of the elephant. The end result was exactly what they had envisioned, an elephant. You can do the same thing with your life. Decide what you want to be like, and then get rid of all the things that are not a part of that ideal.



When the body and mind are healthy, and emotions are under control, then fear and confusion give way to freedom and faith.

Part II

TUNING UP YOUR BODY

It is sometimes helpful to view your body as a uniquely engineered, finely tuned piece of equipment. And just like any high performance engine, it requires proper care and maintenance to keep it running.

This care is more than an oil change every two thousand miles. You may not mind a couple of squeaks and shimmies in your automobile—but when it comes to your body, it's a different story.

A Body For All Seasons

Your body—specifically your muscles and respiratory system—adjusts itself to a routine, or habit. If the majority of your day is spent sitting at a desk, your body adjusts to that activity output. Thus, if a chronic desk sitter should all of a sudden have to run up a flight of stairs for something, he is very likely to reach the top of the stairs out of breath. An athlete, on the other hand, would hardly notice the effort put forth.

Part of Chi development concerns raising your body's routine so that you are always at a peak of health. To do this you don't need to run a mile or do fifty push-ups a day. To the contrary.

Caged Animals

Have you ever been to a zoo when the animals, particularly the large cats, are doing their exercises? Next time, stop and watch them closely.

Much of the Hung-gar method of Kung-fu has been taken from lessons animals have instinctively known for thousands of years. You may feel sorry for the large animals being penned inside such confining quarters, but have you ever seen one of those large cats out of shape? Probably not. And believe me, they don't take those animals for a run in the park every day.

The large cats are very independent, and even in the jungles you would never see one taking a "joy run" just for the fun of it. But they must stay in an exacting and high state of health and agility in order to exert themselves when the proper time arrives.

For that reason, the animals have developed a routine of tensing and stretching exercises which utilize every working muscle—and many of the "automatic" muscles—to stay in prime shape. Of course, these animals don't use weights, they use their inbred knowledge of their body.

Too Much Learning

The main problem for man in achieving health, is that we have been told that our bodies will function on their own. People have forgotten how to *feel* their bodies. To exercise with the efficiency of animals, and in such confining places (such as a school desk or on the job) we must first go back to basics and learn how to *feel* our bodies.

You have already started to feel your body with the exercises in Section 1. The course also includes exercises for your entire body, working and "automatic" muscles alike.

The "automatic" muscles are those which you have been told you have no control over. They are the muscles controlling your heart, your breathing, and your digestive system, among other things. These are also the muscles which activate and de-activate your glandular secretions, which play a major part in your moods, temperament, concentration levels, adrenalin output and other important physiological occurances.

The Role Of Weight Training

Of course, weightlifting is an appropriate form of exercise and can do much to increase the size and strength of muscles. Since there are already many good publications on the market dealing with weight training methods, I will cover the basics of weight training in Section 5.

If you already use weightlifting as a form of exercise, the Chi exercises will supplement that training. If you don't do other exercises, these will provide you with all the exercise your body needs for good health. The Chi exercises will increase your strength and muscular size, while at the same time giving you fine definition and tone. Remember, if you are out for big gains, eat a high protein diet.

Beginning An Understanding Of Your Body

To begin learning how to feel your muscles and your body work, a simple and brief introduction to the basics about muscle is needed. At the beginning of each exercise section a drawing shows you the position and names of the specific muscles in that training area.

There are over 640 separate muscles in your body. Muscles perform all your body's work and each muscle

performs a separate function.

Muscle is very high in protein content. Most all of the flesh we eat from animals is muscle. If cannibals ever invaded the U.S., they would probably think that the gyms were our finest restaurants!

A muscle is composed of a multitude of thin fibers. It is designed for one function only–contracting. A muscle can never push, only pull. For this reason, muscles must work in pairs in order to make complete movements.

For example, extend your arm in front of you, with your palm upright. Now bring your hand up, bending your arm at the elbow, so that your palm is in front of your face. That action is controlled by the pulling of your bicep muscle. Your bicep's job is now finished.

Now lower your arm back to the extended position. Your tricep muscle is lowering your arm. If there were no muscle to lower your arm, it would fall with no control.

Working And "Automatic" Muscles

There are two kinds of muscle, smooth and striped. The striped muscles are the working muscles, those which we voluntarily control, such as in the arms, legs and back. Very often, these are the muscles doing the actual work, such as lifting and bending.

The muscles which keep your body running are the smooth muscles. The actual structural difference, the smoothness and the striping, can only be seen with the aid of a microscope.

The smooth muscles function "automatically". Many people believe that we have no voluntary control over these muscles. That is not true.

There are numerous examples of people who slow their breathing and heartbeats by controlling these "automatic" muscles. The studies of Chi and Tai Chi are prime examples. It is more difficult, mainly because we have never been taught to control these muscles as easily as we bend our arms. Therefore the term "automatic" is incorrect, and from this point on we shall refer to those muscles as *inner muscles*.

Your inner muscles control the action in your heart, your liver, your pancreas and your digestive track, among other things. They also control your breathing.

Oxygen

Just as everything living, your muscles need fuel to perform their work. Without going into the various and highly complex chemical reactions which occur within each muscle when it contracts, let it suffice to say that there is always a useful amount of energy available for a burst of activity.

So even though a chronic desk sitter will be out of breath if he runs up a flight of stairs, he will be able to run up that flight of stairs. The difference is that he would not be able to run a 300 yard dash as easily as a well tuned body could, literally, with no sweat.

A reserve of energy is always on call for your muscles. In order for your muscles to work they need oxygen, therefore breathing is of primary importance to the control and utilization of strength.

This does not mean that you have to breathe during an exercise. The body is arranged so that in emergencies you can borrow oxygen from within the muscle and repay it later. That is why people breathe hard after an exertion. They are repaying their oxygen debt.

When you prepare for a strenuous movement you should always take in a breath of air (not real deep) and hold it in while you are performing. Afterwards you can breathe heavy to repay the borrowed "strength."

Lungs Ineffective

Unfortunately, with breathing such an important function, the lungs are a highly ineffective mechanism for delivering oxygen to the blood, and therefore the muscles. In order to take in one ounce of oxygen into the blood, your lungs need to take in about 20 ounces of air.

This is why there is so much heavy breathing in exercise. And to make the situation worse, your breathing habits are probably not helping the situation any.

Most people breathe incorrectly. The pollutants in the air, coupled by habits such as smoking do not help your lungs one bit. In the next section we will learn something I call the Proper Breath. This is an exercise to help make certain that your body is getting the proper amount of oxygen.

For many people this may sound ridiculous . . but I cannot overstress the importance of breathing to muscular control. Learning to breathe properly will improve your posture, complexion, attitude, nerves, and digestion.

Proper breathing also results in a healthier heart rate, blood pressure and respiration rate. As you improve your breathing you will increase your potential strength. Breathing is essential to relaxation. Although there is no clear, concise scientific data yet, breathing properly will probably cause you to live longer.

Muscle Movement

Before we begin learning some exercises, you should have some understanding of how your muscles perform their functions. Basically, the human body is very flexible. It consists of an array of bones, placed in approximately the right places. Bones are not hooked to bones, they are attached to each other by tendons. When the flesh of a skeleton has decayed, the bones of the skeleton will fall apart.

Since our body frame is basically flexible, we need muscles to hold it in place. Muscles provide a stable base for the body to work off of. When you reach over to pick something up, muscles in your back must move to pull your arm and shoulders into alignment, and provide a solid base for the arm to act as a lever. This is why it is impossible to work only one muscle at a time, other muscles must always come into play to aid it.

Muscles are hooked to the bones by tendons. The muscle is worked by a command from the mind for it to move. When that command is received, the muscle contracts. The difference in degrees of contraction of the muscle is due to the number of muscle fibers which come into play to perform the required movement. To lift your arm requires only a few fibers, to lift a heavy weight requires many of them.

As we discussed before, the stronger the mental impulse is to move, the more intense the movement. This is why Chi exercises teach you to use your mind to tense a muscle or lift an object.

NOTES

The movements used in the study of the martial arts require slow, concentrated and intense motion. Each muscle must be tensed and used to complete the movement. These same techniques are applied in the mastery of Chi.

Part III

THE CHI EXERCISES

Now that you have experienced some Chi exercises, you may have some questions.

Where Should I Exercise?

You should find a place to perform your Chi exercises where you will not be disturbed. You will need a quiet place to do your concentration exercises in the next section, and you might take that into consideration. You should have a mirror close to you.

When Should I Exercise?

It makes no difference when you perform these exercises, however they should not be done after eating a meal. Always wait at least one hour for your body to digest its food before attempting any kind of exercise.

Within that guideline, you can do these exercises anytime you choose. Some people feel the most benefit from exercising early in the mornings, immediately after waking up. Personally, my body doesn't respond well in the mornings, and I prefer the early evenings.

Look at your own schedule and find a suitable time. Also find a time when your body responds well to exercise. Whatever time you decide on, make sure that you always exercise at the same time everyday. Do not change your exercise schedule.

Reserve a half hour (or less) of each day for exercise, and then stick to it. If you are just beginning a regular exercise routine, it may take you a while to find the best time. You may have to switch around a little at first, but keep this to a minimum.

Your body, as you've already learned, is a creature of habit. Your body will prepare itself for your workouts. After a time you will notice that your body automatically "turns on" when your exercise time rolls around. By sticking to the same time for your work outs, you will notice quicker results.

How Long Should I Exercise?

Research has concluded that once blood has been pushed into the unused fibers of the muscle, the muscle has been worked to its fullest. If you follow my instructions, and are tensing as hard as you possibly can for seven seconds, then you are receiving the maximum benefit from the exercises. It will do you no good to tense any longer than seven seconds.

It will do you no good to tense a muscle more than once. Tense the muscle once, as hard as you can, and then relax. Do these exercises only once per day. It will do you no good to repeat them in the same exercise session.

How Often Should I Exercise?

Because your muscle is being worked to its fullest, but not being overworked by repeated tensing, you should do these exercises everyday. If you like, you may schedule one day a week off. Do these exercises six days out of the week, once each day for each muscle or muscle set.

In one day the muscle has time to repair any damage done by forcing blood into the unworked fibers. You do not need to alternate these exercises to allow your muscle time to rebuild itself. The following day your muscle will be ready to be exercised again.

This does not mean that you will have to exercise everyday for the rest of your life to stay in shape. After you have toned and strengthened your body you can cut back the exercises to every other day, or every third day.

How Do Weights Fit In?

If you work out with weights, continue to do so. Do not replace your weight lifting with the tensing exercises if you are going after big gains. Continue to do your regular routine in the gym. If you currently work one day on, one day off; or alternate parts of your body, then continue to do so.

The tensing exercises work your muscles beyond the point that weights do. There are no limits on your mind, your imagination or on your tensing. There are limits on what you can lift. There are no limits on how hard you can exert.

The Chi exercises tense your muscles in a different way than weights. You will notice very quickly that your strength in the gym is increasing due to the Chi exercises. Do not worry that by working all your body everyday with the tensing exercises, that you are interfering in any way with your normal weight routine. Continue

your weight training, and supplement it with the Chi exercises.

I will write briefly on weight training routines in another section.

What Kind Of Improvement Can I Expect To See?

By doing the tensing exercises you will notice a marked increase in your strength. Depending on your present build and strength, you can expect to experience a 20 to 30 percent increase in strength after about three or four weeks of doing the Chi exercises diligently.

Much of the increase in strength is due to the fact that you are pulling your muscles, and thereby strengthening your tendons as well as pushing bood into the inner muscles.

Because you are mentally holding your muscles back, while at the same time pulling them, you are working sets of muscles. One muscle is working to hold your other muscle from completing the movement you are imagining. With weights you are working only one muscle, most of the time. This working of muscle sets helps increase your strength dramatically.

Because the Chi exercises tense your muscles to the maximum, to the point where they begin to shake, you acquaint yourself with the feeling of maximum exertion. You also, by always increasing your tensing on that muscle, realize that at maximum exertion you are still able to tense and work the muscle harder. When you come upon a lift which requires maximum effort, it is easier to perform since your muscles and your mind are familiar with the situation, and have become accustomed to going a step further.

Besides gaining strength, the Chi exercises will give your muscles more definition. The extreme tensing almost draws a line around your muscle. You will tone your muscles and achieve good definition.

The Chi exercises will also build the muscle. One key to bulk is your diet (see Section 1). If you are looking for a Mr. America physique, be certain to do these exercises in conjunction with your normal weight training.

If you are merely looking for tone and definition, and if you find that the Chi exercises are providing you with too much bulk, you can cut your exercise schedule down to every other day. But the problem here would most likely be in your diet, not in the amount of tensing exercises. If you are looking for strength, keep your schedule six times a week.

Can These Exercises Help My Posing?

If you are a physique competitor you will notice the extreme similarity between these exercises and posing. They are like over-posing exercises, and are extremely beneficial to the physique competitor from two standpoints.

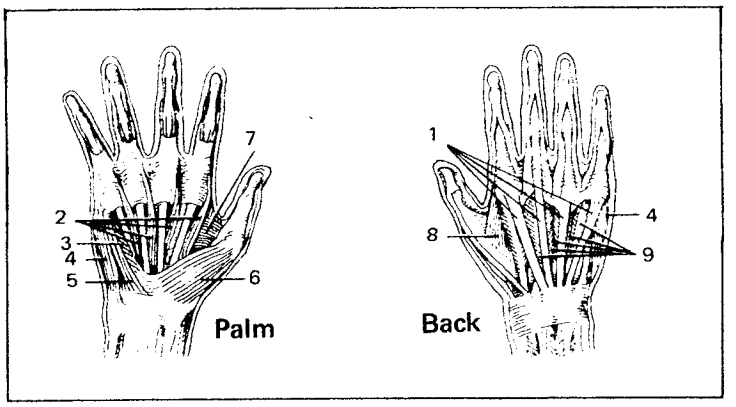
First, these exercises provide the muscle with sharp definition. Second, the nature of the exercises allow the bodybuilder to become very familar with posing techniques. You will learn exactly how to bring out the muscle, quickly and concisely. Your body will also form a habit of posing, and will adjust to the contest platform almost immediately.

Before beginning this week's exercises, let's go over quickly what you should be doing before and during the exercises.

1. Relax. Take inventory and relax your whole body, and your mind.
2. Breathe deeply several times.
3. Take one breath and hold it.
4. Tense the prescribed muscle or muscle set as hard as you possibly can. Think to yourself the count of seven seconds.
5. Look at that muscle, using a mirror if necessary.
6. Think of nothing but tensing that muscle. Turn all your thoughts on that muscle and what you are commanding it to do. Use your imagination.
7. Tense harder.
8. Relax.

Remember to use your imagination. This is the key. After we have completed learning all the exercises to work your entire body you will learn how to use this same type of exercise to mentally rehearse actions. At that point you will also learn how to add movement to these exercises and work complete sets of muscles when doing your tensing.

MUSCLES OF THE HAND



1 Ext. Digitorum Communis
2 Lumbricales
3 Opponens Digiti V
4 Abductor Digiti V
5 Flexor Digiti V
6 Abductor Pollicis Brevis
7 Abductor Pollicis
8 Interosseus Dorsalis I
9 Interossei Dorsali

For the hands and forearms:

TOWEL SQUEEZE

Relax. Breathe fully, holding the last breath.

Wrap up a towel so that you can make a slight fist around it. Squeeze the towel as hard as possible.

Hold for seven seconds.

Relax.

Repeat for other hand.

BEND BACK

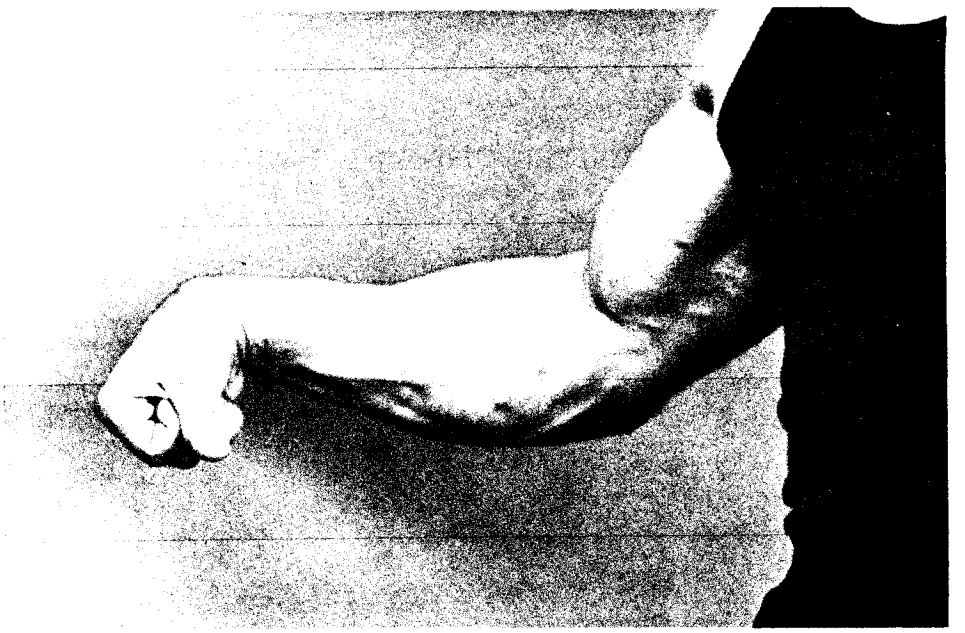
Relax. Breathe fully, holding the last breath.

With your hand in the position shown, bend your wrists, attempting to touch your knuckles to your arm. Your fingers can be in any position you want. Pull back as hard as possible.

Hold for seven seconds.

Relax.

Repeat for other hand.



FIST PULL

Relax. Breathe fully, holding the last breath.

Form a fist with your fingers , then , bending your wrist, attempt to touch your fingers to your forearm. Pull as hard as possible.

Hold for seven seconds.

Relax.

Repeat for other arm.

For the fingers and palm:

THE SPIDER WEB

Breathe fully, holding your last breath.

Spread your fingers and thumb as far apart from each other as possible.

Hold for seven seconds.

Relax.

You may hold your hands in any position you desire.

For The Chest:

Cross-Overs

This exercise is performed with your arms at three different levels.

Relax. Breathe fully, holding your last breath.

Cross your arms approximately at your elbows. Hold your arms straight down in front of your body.

Twist your arms so that your fists are facing each other, and your thumbs are turned downwards (clockwise for your left arm; counter clockwise for your right arm). Twist your arms as far around as possible, pulling your shoulder, chest and arm muscles. Tense as hard as possible.

Hold for seven seconds.

Relax.

With your arms still crossed at the elbows, perform this exercise with your arms held over your head. Twist your arms and pull as hard as possible.

Hold for seven seconds.

Relax.

With your arms still crossed at the elbows, perform this exercise with your arms held straight out from your body. Twist your arms and pull as hard as possible.

Hold for seven seconds.

Relax.

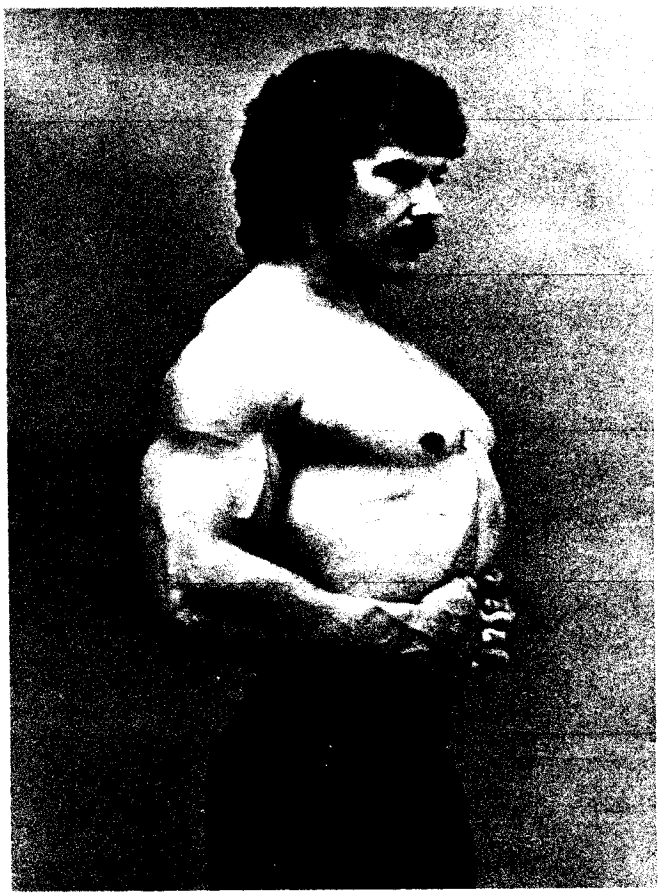
Magilla Gorilla

Relax. Breathe fully, holding your last breath.

With the back of your hands together and your arms held straight down in front of your body, pull down as hard as possible, imagining that your arms are pulling your shoulders together, and over to the front of your body.

Pull as hard as possible.

Hold for seven seconds. Relax.



For The Rib-Cage:

Mae West

Relax. Breathe fully, holding your last breath, with as much air as you can possibly hold in your chest cavity. Pull your shoulders back and down.

Keep your hands flat and open on your stomach. Expand your rib-cage as much as possible, attempting to push out the air and spread your rib-cage.

Hold for seven seconds, constantly putting more pressure on your rib-cage.

Relax.

REVIEW

You should now be thinking of your personal goals. Evaluate yourself, your motives, your wants, your hang-ups and your aptitudes. Use the questions to help you think about yourself. Keep a list of those things you want to carve out of your personality; and of those things you want to more clearly define.

Begin to practice the exercises. Be sure to *feel* how your muscles react to your mental commands. Practice daily, it only takes a few minutes of your time. Limber up by doing a few of the toning exercises from the last section.

You should be keeping track of what you eat, and listening closer to what your body tells you. Soon you will be able to feel good health, and to feel the benefits of that health, as easily as you can feel the discontent of ill health. Begin to feel your body's strength, not only its weaknesses. The strengths are real, the weaknesses are in your mind.

Notice how you think. Each morning and each evening use positive motions to motivate yourself. If you go to bed thinking positive, you will wake up in a more positive mood. During the day, pay attention to why you react to things the way you do. When you recognize the negativeness, correct it! Don't wait.

In the next section you will learn how to relax, and you will begin your first Chi concentration exercises. You will also learn how to exercise your lats, traps and delts.

Remember and apply what you have learned in this section and look forward to the knowledge in section 3.

Your life is powerful and moving like the ocean. Take away its energy and it would be like a stagnant pond.

Looking Back . . .

In the past two lessons you have learned the basics about how your body and mind work. You have become aware of your nutritional needs. You have learned how to tense a muscle; and how to make your body intensely react to a mental command.

Now you will learn how to put your body and mind at peace. You will learn how to relax, and how to clear your physical and mental being of interference. You will learn how to concentrate and direct your thoughts.

Relaxation is not merely a physical feeling, it is also a mental condition. When your body relaxes you void your body and your mind of any emotions or feelings. This is what causes the "calm" which comes over many people as a result of meditating, or relaxing. Just as you must give your muscles time to relax, rebuild and strengthen themselves, so must you give your mind some time to relax.

Section 3

Part I

BASIC CONCENTRATION

The Proper Breath

Essential to relaxation is an adequate supply of oxygen in the blood. The best way to accomplish this is to learn how to take a Proper Breath. This is not a method for everyday breathing. This is a very deep breath, which you would use prior to exercise; prior to relaxing; prior to concentrating; prior to taking a final exam; prior to running the fifty yard dash, etc., etc.; this breath should be taken whenever you feel your body needs an "extra" adequate supply of oxygen.

This can be performed either sitting or standing, however you feel most comfortable. Exhale deeply, contracting the abdomen. Begin a very slow inhalation through your nose. At the same time, slowly push out in the abdominal area (using your abdominal muscles,) allowing air to enter the lower area of your lungs.

Continue the slow inhalation, now expanding your rib cage and chest as far as possible, (this may require you to slightly contract the abdominal expanse.) Simultaneously raise your shoulders as high as possible, holding your entire upper torso expanded as far as possible. This allows the maximum amount of air into your lungs. Hold your breath for the count of five.

Now slowly exhale, relaxing your shoulders, chest and abdomen. When exhalation is complete, repeat. Do this five times. Then relax.

Although this is a simple exercise, do not take it lightly. It is one of the most important that you will ever learn. Just as nutrition is essential to health, so is the Proper Breath. You should practice this at least once a day, for the rest of your life. It is an exercise that you can do almost anywhere, at work, school or home, and no one will even notice that you are performing an exercise.

You will be surprised at how often you will use it. If you become nervous or anxious, try this breathing technique. It will slow your body down. Nervousness causes constriction of the muscles in your diaphragm, chest and throat. Because of this, your breathing is shallow, and there is less air going in with each breath. Your breathing is more rapid.

If you experience this hyper-breathing you should perform a Proper Breath and follow it with a concentrated, slow and deep breathing. This will calm you down almost immediately.

Perform the Proper Breath before an exercise session (not before every exercise) and afterwards to relax. Use this exercise as often as you like. Its benefits do not wear off, they are only enhanced by use.

Remember the Proper Breath differs from deep breathing. Before each exercise you should breathe fully; in other words, breathe deeply in and out several times. The Proper Breath is an exercise in itself, and should be performed at the beginning and end of an exercise session, not between each exercise.

Emergency Breathing

If you have ever seen me perform, you are probably wondering what kind of breathing I do before my feats of strength. It is a greatly exaggerated form of the Proper Breath.

While shaking my head from side to side, I take in very quick, short gasps of air. When I am in a full state of Chi, to go into the relaxation of the Proper Breath would relinquish my whole body to my subconscious. I even risk going into a coma. Many times when giving exhibitions of Chi, I have not even known that I was in front of an audience.

By taking in and exhaling short breaths I am able to stimulate lung silia so that my lungs are transferring a maximum amount of oxygen into my blood. This also raises my blood pressure, putting my entire body in an emergency condition. In section 4 I talk about feats of strength and the "emergency" state in more detail.

Before we begin the Chi concentration exercises, I must caution you. Concentration allows your subconscious mind more freedom. Some people find it very easy to concentrate, and find results very quickly. Remember, your subconscious is only half in control when you concentrate. *Do not* allow your body to be at the mercy of only your subconscious thoughts. It is no accident that you have a conscious and a subconscious mind—*the two must work together*. If at any time you feel that you are slipping under total control of your subconscious, begin to quickly shake your head and take short gasps of air, exhaling quickly, to clear your mind.

Do not fear your concentration sessions. There are very few people who would ever experience this deep concentration without years of practice, at which point they are ready for it.

Start Slowly

In beginning to use your power of Chi you must start out with simple exercises. You are not yet ready to attempt something like breaking handcuffs. The handcuffs are a very advanced exhibition of Chi control. You must begin with simple things, using your subconscious to control your conscious body and actions.

As you know, your subconscious is highly suggestive. It does not consist of logic, priorities, or words. It consists only of images, and those images form associations, which control how you act.

Once when I was younger my mother made a chocolate cream pie. While the pie was setting up, and my mother was at the store, I decided to test it out. Not knowing any better, I ate the whole pie, and also got quite sick. To this day I cannot eat a chocolate cream pie. My subconscious still associates the image of that pie with the sick feeling. I'm sure you've had similar experiences, either with food or drink, where your mind recalls the nauseous feeling at the mere sight or smell of the food or drink.

Violent and repulsive images are usually very strong. It is possible, for example, to begin getting sick to your stomach by merely recalling the smell and appearance of something which you find repulsive. You are mentally associating a sick feeling with something repulsive—it doesn't matter whether that repulsive object is really near you.

Your First Images of Chi Control

The same type of image-association process will occur as you begin to develop your Chi. Your first attempts at using Chi will form an image in your subconscious. If that first image is good, your subconscious will readily accept your control. However, if your attempt is negative, such as trying something which you are not ready for yet, and then failing, your subconscious will form a negative image of failing and it will fight your attempts at control.

For this reason you must start out slowly and build a strong and powerful foundation. You must first learn to relax, then to concentrate, and finally to shape and control the subconscious images which guide your actions and reactions.

Preparing for Concentration

You should plan your concentration times into your schedule. Make certain that you concentrate at the most opportune time for your body. Sometimes this is after a work-out when your body yearns for peace and quiet. Do not try to concentrate after a meal, your body is too active digesting the food. Try to avoid stimulants such as Coca-cola or coffee before.

Choose a quiet place. Maybe the same place you have chosen to perform your Chi exercises. It is not necessary to be entirely alone, but it is preferred. Explain to others that you should not be disturbed when you are concentrating, and if you ever are, try not to start or jump out of your state of concentration too quickly—it is an uncomfortable feeling, much like being startled from a restful sleep.

Natural things are peaceful. Many people enjoy concentrating near green plants or flowers, or near a window with a pleasant view. It is not necessary.

Do not face into a direct source of light. Lighting should be subdued, to make it easy on your eyes.

Find a comfortable position, lying down or sitting up. If you are experienced in using the lotus position then use it. But be certain to find a comfortable position. Perform the Proper Breath 3 times, and then relax.

If during your concentration session you find yourself uncomfortable, you can always adjust your position, stretch, yawn or scratch an itch. It is most important that you are comfortable. You should perform your Proper Breath immediately after getting into your comfortable position.

In a state of concentration you are unaware and often mistaken about the passage of time. It is nice to have a clock around, that is if it doesn't tick. During your concentration you may glance at it through half-closed eyes to know how long you have been concentrating.

When you are finished concentrating, open your eyes slowly, stretch (the exercises from section 1 are fantastic wake uppers!) and continue about your day.

Your checklist for doing Chi concentration sessions is:

1. Find a peaceful atmosphere
2. Find a comfortable position
3. Perform the Proper Breath 3 times
4. Close your eyes
5. Relax

Complete Relaxation

You must remember to completely relax when doing concentration exercises. You must learn how your body feels when it is relaxed. The Proper Breath is an aid, just as learning how to tense helps you feel how to relax.

But aids will not work completely, *you* must learn to feel relaxed. Start by commanding your body to relax. Let your limbs, shoulders and neck go limp. Now take an inventory. Are your eyes, your neck muscles, your scalp, your jaw, your shoulders, your stomach, your legs, your toes and your breathing relaxed?

You must learn to feel complete relaxation, and until this becomes a habit you should continue to take inventory of your body each time you relax. Like your list and your notes, it is the only sure way to leave no part of you tense.

Once your body is relaxed, then do the same for your thoughts. Start feeling inward, feeling your body and not the things around you. Close your eyes and feel inside, not outside.

You cannot stop your thought processes, but you can begin to think in terms of feelings, not words. This is like clearing the communication lines between your conscious and subconscious minds—almost like dreaming while awake.

FREE CONCENTRATION

When in your state of concentration you are only half in control. You are relinquishing half of your mental control to your subconscious mind.

Try this concentration: Think only about your breathing. Your breathing does not have to be regulated, just breath normally. With each breath in, think "in", with each breath out, think "out". Do not say these words, but think of their sounds as you breathe in and out. Think, innnnnnnn, ouououououououou (the sound of "t" may be too harsh and it is sometimes easier to think only of "ou"). As you do this, remain completely relaxed, concentrating only on your breathing.

Your subconscious mind will let other images come to mind. Do this for about ten or fifteen minutes and see what thoughts your mind turns to. Think of these thoughts as clouds in the sky. You cannot stop their passing, they are just there to be looked at, and thought about, as they pass. Do not take control of these thoughts. Merely let your subconscious wander.

It has been found that such concentration sessions reduce the body's lactic acid. Lactic acid builds up with fatigue. Sleep normally reduces the amount of lactic acid in the body. With the Free Concentration sessions you can feel as refreshed as if you had taken a nap.

Good concentration habits can reduce health problems associated with stress and improve a person's blood circulation. It can give the subconscious mind time to clear. Many people, including myself, find this very relaxing and often I reconcile myself with situations which during the day seemed awkward or uneasy. Some people have even discovered through Free Concentration the reasons for very deep-seated complexes.

You should begin immediately practicing this Free Concentration for ten to fifteen minutes. Perform it several times before you begin the more controlled Chi concentrations described below.

Role Acting and Visualization

Chi concentration is a kind of role acting. Just as the Chi exercises require using the imagination as a stimulus, so the Chi concentration exercises require imagination.

You must learn to translate your verbal thoughts into mental pictures, and feelings. As you know, the subconscious will react much quicker to emotions, and if you can translate your verbal thoughts into emotions you are a step ahead of the game.

For most of you, you will need to learn how to translate your thoughts. You will need to learn how to communicate with your subconscious.

To learn requires you to become familiar with how your subconscious operates, and what images cause what reactions. To do this you must practice with simple associations. I will give you a few examples, and you may know of others which have a specific association in your own mind.

I usually begin my students with the most common of associations, the yawn. Begin your concentration and picture in your mind a yawn, not the word, but an actual yawn. Think of people yawning, think of mouths opening and yawning sounds. Think of yourself yawning. When you have successfully conveyed this image to your subconscious you will respond by yawning. And when you do, congratulate yourself, because you will have just completed your first exercise of Chi mind control. You have mentally commanded your body to react!

After you have mastered the yawn, you might try this one. Concentrate on the taste of a lemon, or another

equally bitter fruit. Think of its bitter and sour taste. Feel its sour juices on your tongue. Taste the sour taste. When your salivary glands begin reacting to counter the bitter taste, you will know that you have mastered this one.

Another very common association is the sound of finger nails sliding down a blackboard. Think of the screeching sound. See a blackboard and the fingernails and hear the screeching in your mind. When you have managed to give yourself goose bumps you will know that you've conveyed the message.

A slightly more difficult concentration is to imagine an itch somewhere on your body. Think of something tickling your skin, or crawling on you, whichever image is strongest for you. Think and feel this irritation until you have to scratch or rub your imaginary irritation away.

If you can think of a funny situation, see if you can recreate it in your mind and cause yourself to laugh out loud at it. This, as all the Chi exercises, requires you to use your imagination. Remember to use it. Forget that the outside world exists, and use your concentration sessions to go inside yourself.

Spend this week practicing each of these exercises. Ideally you should practice your concentration once each day; however, some people practice more often. Do not practice too long at one time. Have one session, and then wait several hours before you have another. Keep each session under a half hour.

Once you have mastered a particular association, move on to the next. If you master them all, work on Free Concentration.

If you want to experiment, go ahead. Become familiar with how your subconscious thinks. It is very important that you devote time this week to the concentration exercises because next week you will begin directing your subconscious, and you need to have an understanding of your mind which you can gain only by doing these exercises.

You have lived a unique life, and you interpret the things and events around you in a unique way. You must learn what that way is.

Part II

PERSONALITY EVALUATORS

Last section you filled out a questionnaire on yourself. Now it is time for you to look at your answers.

The purpose of this course is to teach you Chi mind control, which will improve and enhance your life. Everyone in this world can do better than they are doing. That may seem like a blanket statement, but it is true.

Every ball player can play a better game; every runner can run faster; every scholar can learn more; every weight lifter can lift more; every singer can reach new notes; every fiction writer can devise new plots. The reason that some people never improve their life, is that they give up trying too soon. They discover that they cannot cope with the emotional problems that they reach as their life changes.

As we've already discussed, there is no way to stop change. Change is life. Without change there is no growth; without growth there is no life. Everyone must learn to cope with change and the emotional problems which come with it.

Some of you may have no emotional problems. If that is true, I congratulate you, but you are in a very small elite. Some of you may not want to admit that you have problems. But for the majority of you, there are emotional barriers which stand in the way of realizing your ultimate potential. The questions from the last section were designed to help you discover where those emotional barriers lie.

THE ONLY ROAD TO SELF-IMPROVEMENT IS THE ROAD TO SELF-KNOWLEDGE.

Your answers on the questions fell into three categories: Rarely, Sometimes, and Often. For the questions where you answered Rarely, you have a strong and healthy emotional base, and probably no reason to want to change it. For the questions you answered Sometimes, you probably have no problem area, and should not consider it an emotional barrier unless it develops into the Often category.

The questions which you answered Often to, represent problem areas. They may or may not affect your potential, your attitudes or your success in any way. They may have a very deep affect on your life.

Look closely at the questions you answered Often to. Evaluate them individually. Think about a particular instance when you reacted in that manner. For instance, if you marked that your health is often a handicap to your life, then think of an example of *when* it was, such as the time that you didn't make the football tryouts because you were too short winded. Or, if you marked that you often lack energy, think of a specific time, such as when you lost out on a chance for a promotion because you didn't put forth the effort that you knew it demanded.

After you have thought about these emotional responses in your life, evaluate according to your own wants and needs whether that emotional barrier has made your life uncomfortable or unpleasant.

If you find problem areas that you want to eliminate from your life, put them down on your list. You don't have to show this list to anyone. You may want to circle those questions which represent emotional barriers you want to lift. Whether you circle them in this book, or transfer them to a separate list, make certain that you have them recorded somewhere for reference.

In the next three weeks you will be learning how to control your thoughts. You will also learn how to lift emotional barriers. These exercises are uniquely your own. I cannot tell you what areas you should work on. You must make those decisions now, and you are the only person who can. I will teach you how to change things through communication with your subconscious and the power of Chi, but you must make the important decision of what to change.

Look At Things From Two Sides

As you have learned, you have both a mental and physical personality. One has an effect on the other, and you cannot live totally within the realm of either. You must analyze your behavior from both the physical and psychological standpoint.

Whenever you find your problem area showing, or your emotional barrier coming into play, you must make a mental note of what started it off. Of course, your emotional barriers and problem areas do not manifest themselves all the time, and so you must keep this list (mental or written) long after the last section of the

course is received. You must also continue the Chi exercises, physical and mental, long after you have finished section 6 of this course to take full and complete control of every facet of your life.

When a problem area of your personality shows itself, look at what caused it to come about. Analyze the situation, concentrate on the emotion you feel and why you are feeling it. Remember what that emotional barrier is, and why it occurs. You will learn to change your association and eliminate the barrier, but only if you learn what the associations are.

If you have several problem areas which you want to correct, note them now on something which you will see each morning. Look out for your emotional barriers. Read the questions which you marked as problem areas again. Refer back to them as many times as you need to acquaint yourself with the things in your personality which you want to change.

Just as you've already learned, you can change your outlook. You can change negative feelings into positive ones. You can change a fear of hurting yourself, into a desire for accomplishment, whatever the costs. You can find the positive, if you are first aware of the negative. The same is true of your personality, physical and mental. You can correct it, shape it and enhance it, but only if you know what to change.

FORMING GOALS

Now that you have begun to analyze yourself, and because next week you will begin to change and shape your thoughts, it is important that you form an overall direction for your life at present. For those of you who already have goals, use this time to evaluate them. Remember in setting goals not to sell yourself short. Look at what you want, and then at what you think you can do.

Do you want money? Do you want power? Do you want strength? Anything is within your power, but you must work to achieve your goals, and of course, if you don't have any goals, you can hardly work towards them.

As a living organism you are constantly changing. If you set a goal and later find that it is not what you want—then change it! You're alive, and to be alive is to experience change. But do not take your goals too lightly, and change them with any whim you may have. Think about what you want to do, and then do it, but don't start out on twenty different projects and end up not finishing any of them.

Everything in the world is formed in a basic concept of completeness. The planets revolve around the sun, the earth spins on its axis, day turns to night, night turns to day. Complete is how you were meant to be, and that is why it is satisfying to feel that you have finished or completed something. Make sure that you are able to complete a majority of your goals and aspirations. If you don't, the problem is probably not in your thinking, but in your selection of goals.

Decision Making

Indecision slows the process of growth. Generally, indecision is a product of not having set goals. For most people, if you set down specific goals, you will find that decisions come much easier.

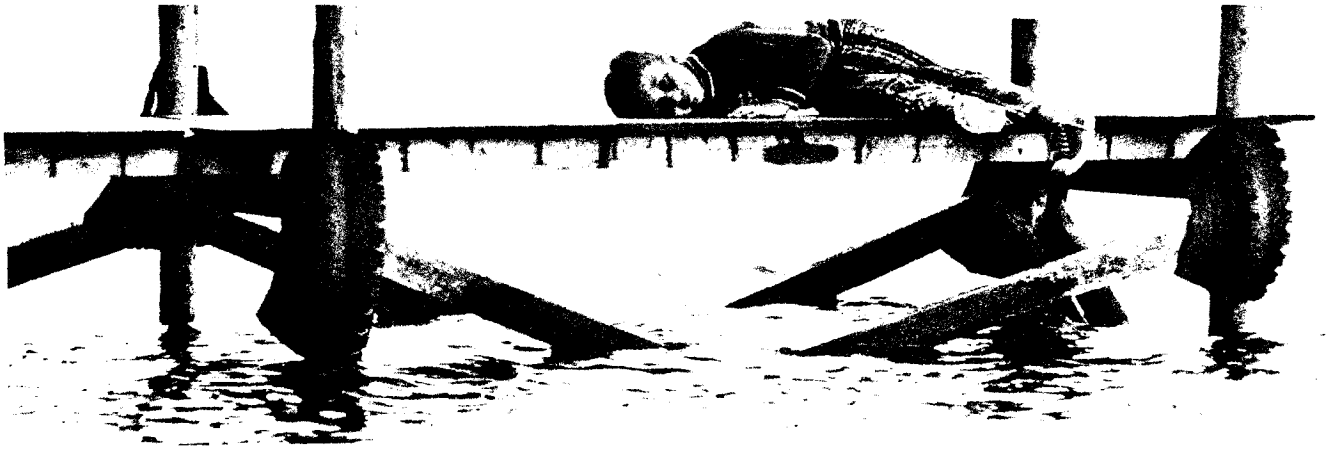
Throughout history you will find that a strong desire and a definite decision by someone, usually transforms itself into success and achievement. If you have a strong desire for muscularity, you will achieve it. If you want to succeed in school, then you will apply yourself and excel. When Thomas Edison wanted to discover how sound was transmitted, he applied himself to the task and made the discovery. When Mohammad Ali wanted to regain the heavy weight title, he did. When I want to break apart handcuffs, I do.

And you are no different. Only the strength of your desire is different, and the strength of your desire is based on your decision to put your whole mind, soul and body behind achieving that goal.

Life will only pass you by if you give it the chance. Don't let it. Nobody has ever won big on a sure bet. Take your chances and go for the most out of your life.

Make decisions and act on those decisions. Constantly keep your mind looking toward new goals and new aspirations.

Youth and its excitement are not the products of time, they are products of the mind. Don't let them slip away.



Part III

THE CHI EXERCISES

By now you should be feeling the benefits of your exercising. You should be able to tense your muscle quickly, and intensely. You should be discovering new control over the muscles in your arms and shoulders.

You may be noticing that other muscles are being worked. If you have never done tensing exercises before, you are probably just beginning to realize which muscles are performing the work. You have probably also discovered that by twisting the position of your arm you can bring entirely new muscles into play. Use the charts of muscles at the beginning of the exercise sets to see which muscles come into play with your movements.

Change Your Exercises

By shifting the position of your body when performing these exercises you can push the blood into a different portion of the muscle, especially when you are working the large muscles, such as the delts, pecs, lats and chest.

For the bodybuilder these exercises help work areas of the muscle which weight training doesn't affect. Regardless of whether you're looking for bulk, definition or strength, you should explore with different positions to gain the maximum benefit from your exercise.

In a later section we will cover movement. For the time, slightly alter your positions to achieve maximum benefit. You can do this every week, changing the position of your fists, forearms and shoulders to push blood into new sections of the muscle.

The key to these exercises is exertion. Prepare for your Chi exercises. You may use the Proper Breath and one or two of the tone and limbering movements to warm up. Pay attention to what your body is doing, and take these exercises seriously. You will get out of them only what you put in.

Before doing an exercise, think of the movement you are about to make. You should have a partial list on your Exercise Routine Chart. Think of the exercise, concentrate, take a deep breath and then tense. Use your mind and your imagination to increase your exertion. When you perform these exercises only one thought should be in your mind -- to tense as hard as you can, and then to tense harder!

Last week you stood in front of a mirror and rated your physical appearance. If you found things about yourself which you think could be improved, then this is the way to improve them. You must put forth the effort to change yourself. You must put the extra effort into these exercises to improve your appearance, strengthen your muscles and strengthen your mind.

For The Lats:

The Pull

This exercise is performed in two parts. You will need something to pull against for the first part. For most of you a door knob will work.

Relax. Breathe fully, holding your last breath.

Kneel, with your arms held straight out from your shoulders, and pull down hard. Imagine that you are pulling this object down to the floor. Pull with your arm and lat muscles. Pull as hard as possible.

Hold for seven seconds.

Relax.

For the second half a book may be used.

Relax. Breathe fully, holding your last breath.

With your arms held straight down in front of your body, push the book into your body. Push as hard as possible, tensing your lat muscles.

Exert as much as possible.

Hold for seven seconds.

Relax.

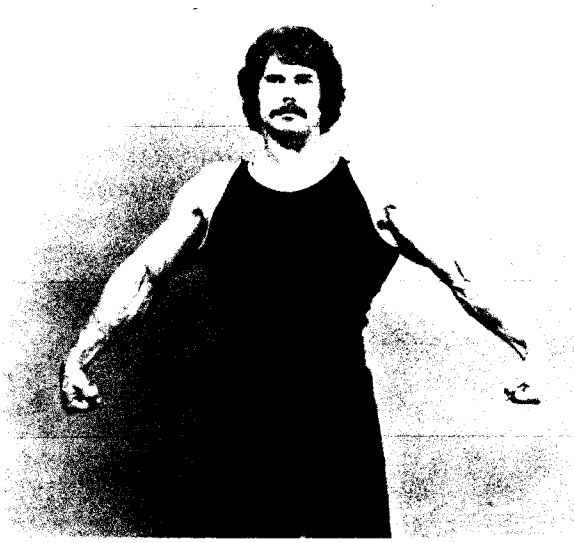
Flex Out

Relax. Breathe fully, holding your last breath.

Standing in front of a mirror, pull your lats out as far as possible. Watch them closely and pull them out from the back in whatever manner you are most comfortable with. Pull them as hard as you possibly can.

Hold for seven seconds.

Relax.



For The Delts And Traps:

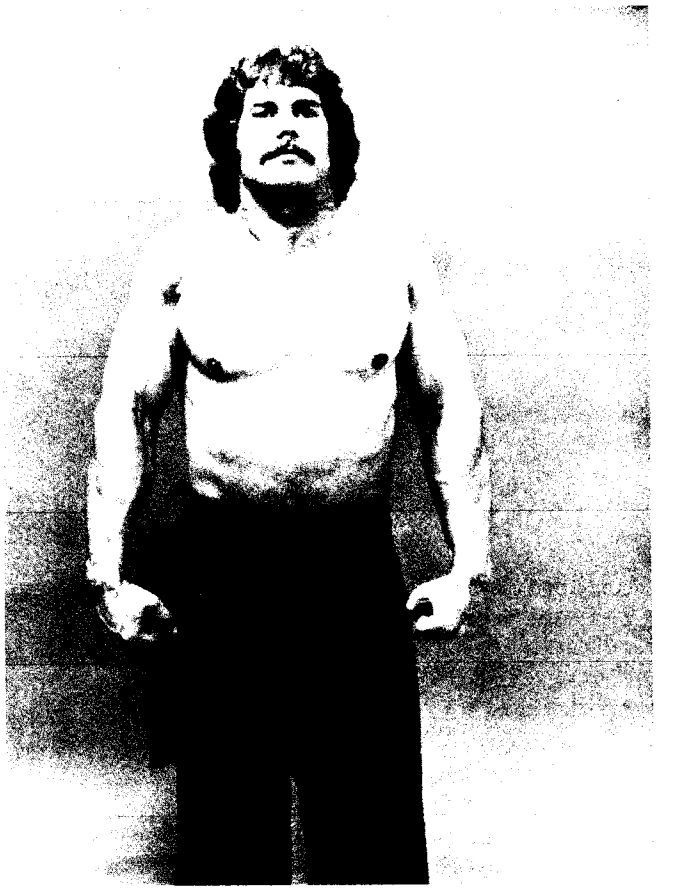
Pull Up

Relax. Breathe fully, holding your last breath.

With your arms straight at your sides, push your arms upward, pulling your shoulders up and slightly back. Imagine that you are pulling your traps up over your ears. Pull as hard as possible.

Hold for seven seconds.

Relax.



For the Delts:

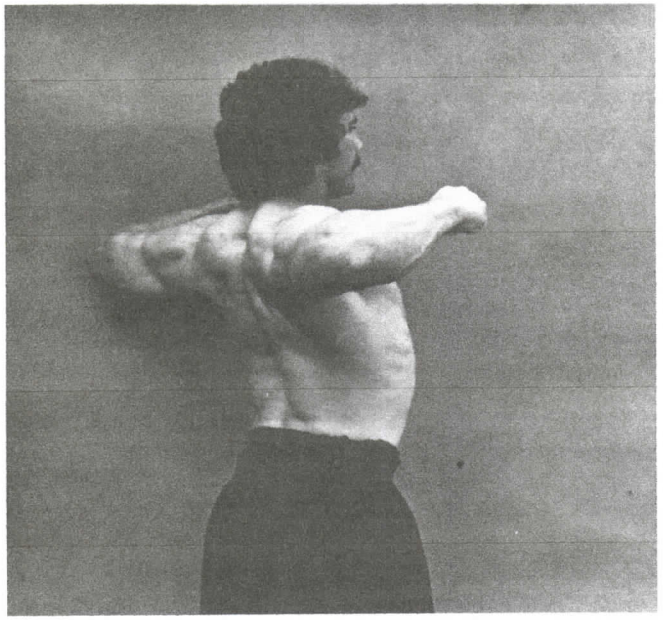
Elbow Up

Relax. Breathe fully, holding your last breath.

With your arms bent at the elbows and held at shoulder height, attempt to touch your elbows over your head. Pull up as hard as possible, keeping your upper arms in line with your torso and head.

Hold for seven seconds.

Relax.



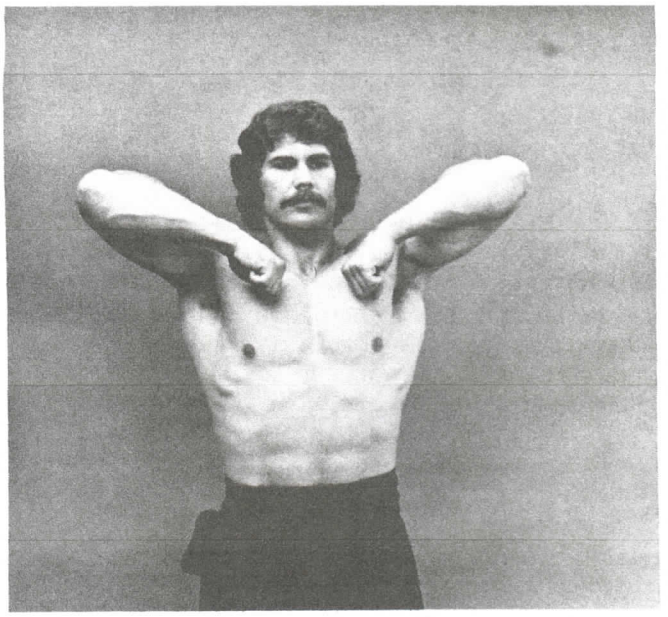
The Wing

Relax.Breathe fully, holding your last breath.

Bend your arms at the elbow, at waist height.
Attempt to touch your elbows in back.
Pull back as hard as possible.

Hold for seven seconds.

Relax.



For the Traps:

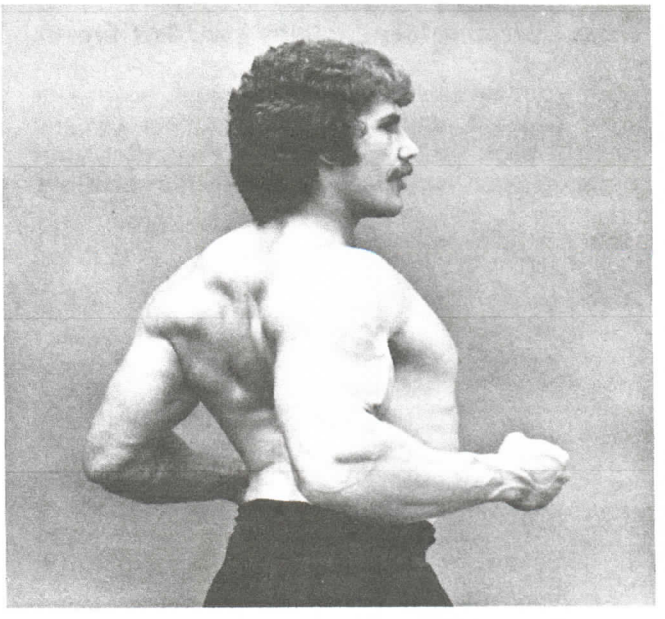
Pull Back

Relax. Breathe fully, holding your last breath.

With your arms bent at the elbow and held at shoulder height, attempt to pull your elbows back and touch them behind your back. Pull back as hard as possible, keeping your upper arms level with your shoulders.

Hold for seven seconds.

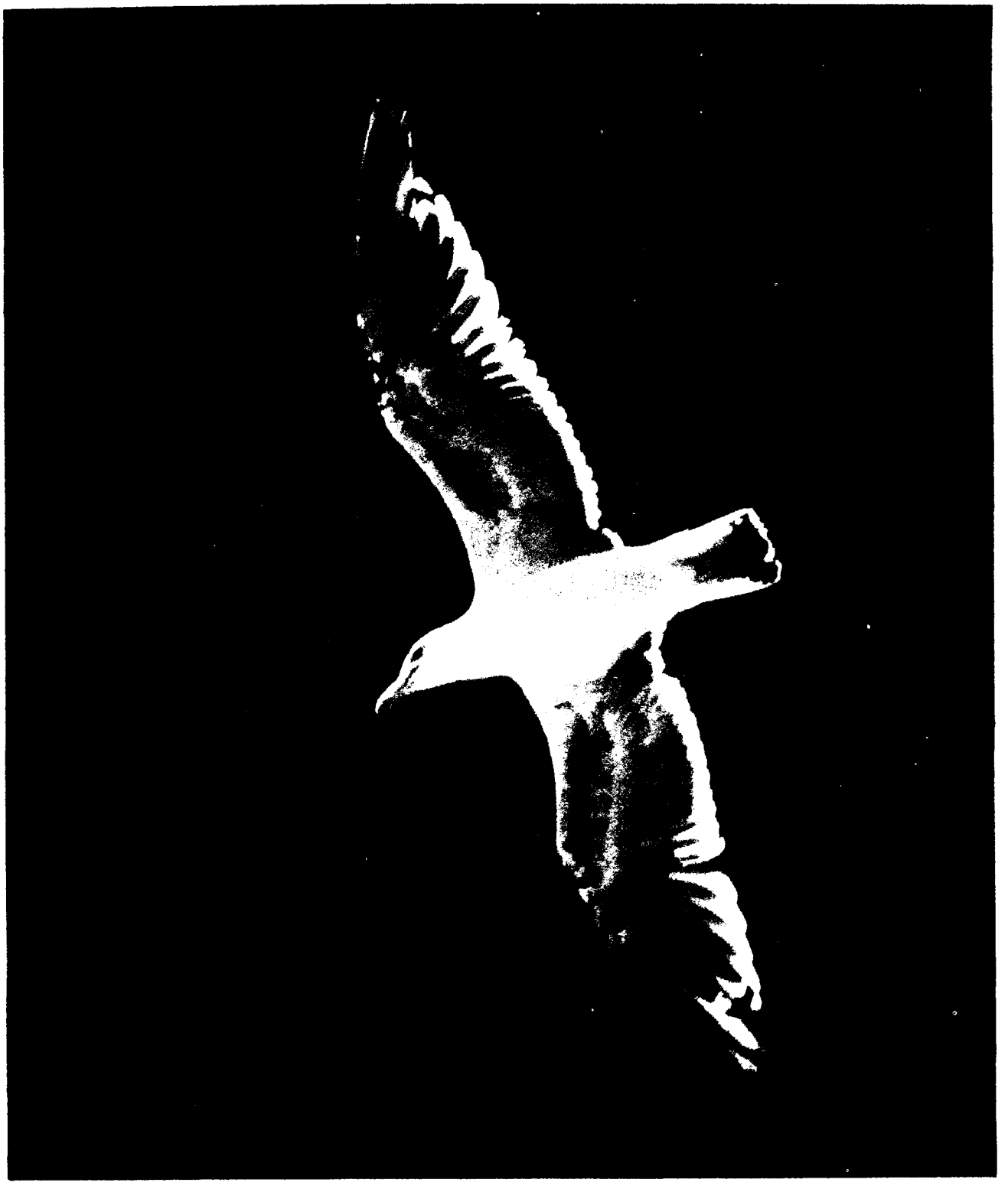
Relax.



Feats of Strength

Several years ago I began devoting particular attention to developing strength in my arms, wrists and hands. Two of my most spectacular feats of strength, the handcuff break and the quarter bend, illustrate my success in this area.

The next section further explains how to direct your Chi to achieve concentrated strength in a specific area.



There exists in the heart of every person the thrill of a new challenge, and the insatiable appetite for what lies in the future.
You are as young as your dreams and as old as your doubts.

REVIEW

Much of the success of a student of Chi is dependent upon how well he knows himself. Hopefully the personality questionnaire has helped you discover new facets of your personality.

As you know, it is beneficial to think and act within positive emotions. Many of the problem areas which appear on the personality questionnaire are directly related to negative thinking. Remind yourself daily to think positive!

You must set goals for *both* your physical and mental progress. Just as your body changes with time, so does your personality. You must look at who you want to be, and direct your physical and mental development toward that end.

We are now halfway through our study. You have learned the essentials of body and mind development.

Pay close attention to your Chi exercises. Listen to your body. Feel what is happening to you. Perform both your physical and mental exercises, experiencing and analyzing what is happening.

In the next section you will learn the essence of Chi. You will learn what the internal strength is and how it works. You will learn how to identify and develop your Chi. You will also learn exercises for the neck, abs and buttocks.

Spend time to explore and experience the many facets of your personality through the concentration exercises. It is important not to move too quickly into the teachings in section 4. Spend time with yourself, and look forward to the new knowledge in the next section!

Whatever your mind is able to conceive and believe, you can achieve.

Looking Back . . .

In the past three sections you have learned how to detect and meet your nutritional needs. You have gained finer tone and agility, and should be noticing an increase of strength in your arms and hands.

You have found a time in your schedule to practice and learn the techniques of Chi mind control. You have evaluated your thinking, and have assessed your attributes and handicaps. You have formed some goals in your life.

You have learned how to breathe for maximum benefit. You have learned how to relax your body. You have begun to learn how to communicate with your subconscious. You have learned how to concentrate, and hopefully have had success at commanding your body to perform simple mental-physical associations, such as the yawn.

You have experienced some of the control your mind has over your body. You have become much more aware of the integral part your mind plays in all your actions.

You are now ready to learn the essence of Chi mind control. The secret to be revealed here is only the basic knowledge and understanding. You must apply this information to yourself. You must find parallels in your life, and you must define for yourself, how you will apply the knowledge.

Part I

THE INTERNAL STRENGTH

In the Chinese language, Chi means the internal strength. There are many different names for the same physical phenomena. The Japanese refer to it as Ki. Many psychologists refer to it as the "flight or fight syndrome". Some people call it psyching up, some call it autohypnosis, but it is all the same. It is Chi, the internal strength, which can cause your body to react at nearly 100 percent of its potential.

On April 24, 1960, a 123 pound woman lifted one end of a 3,600 pound auto off the body of her husband, Maxwell Rogers. This happened in Tampa, Florida. She suffered several crushed vertebrae. The doctors said she was hysterical.

Actually, she was in an acute state of Chi. Her internal strength had been emotionally stimulated by the sight of her husband lying crushed, and helpless under the auto, and she was able to lift it. Her Chi took control of her, she did not take control of it.

On July 15, 1976, three young men kidnapped a bus of 26 children and their bus driver, Ed Ray, from Chowchilla, California. The kidnappers forced their captives inside a van, which they buried in a rock quarry. Twenty hours later, Ed Ray, a man in his fifties and unaccustomed to such feats, lifted a steel hatch in the roof with over 400 pounds of dirt weighing it down, and led himself and the children to safety.

How did he do it? His Chi. He knew that he was the only chance for any of those children to survive. His age and physical strength had little to do with it. He had no choice. He didn't think that he couldn't, he just did. The strength came from his mind, and his will.

On January 20, 1978, three 500 pound bombs were accidently dropped on the Cree, a U.S. Navy tug. In order to keep the tug afloat and save the lives of its 79 crew members, a team of men had to lift a 1,300 pound emergency pump onto the deck. The newspapers called it "an extraordinary feat of strength". It was Chi. They had to find the strength, and they did.

There are many more examples which could be cited. But the fact of the matter is, time after time, history has documented unbelievable feats of strength performed under emergency situations. The study of Chi can teach you to recreate in your mind, the emotional stimulus which releases this strength.

For each person, the specific emotional stimulus which has the impact to trigger the body into a state of Chi is different. The emotion which I imagine is different than that which you would use. You must find your own key to 'turning your body on". To help you recognize the keys to releasing, and therefore controlling your Chi, you must learn exactly how your body reacts when your internal strength comes into play.

Thirty Percent Limit

Dr. Sigmund Freud theorized that people develop defense mechanisms to protect themselves. Memory is one such defense. Painful incidences and horrifying sights can be forgotten by the conscious mind. The mind can also selectively perceive things around you, so that the only things which you acknowledge are pleasant or compatible with your way of thinking. These are ways which your mind copes with the stress and pressure of life.

You also have physical defense mechanisms. Fainting and shock are very obvious instances when your body "shuts off" to save you from pain or fear.

But your body also has an exertion limit to protect you from harming yourself. This "shut off" point is at about 30 percent of your maximum potential. At this point, your body makes a crucial decision: It decides *not* to divert anymore energy toward a specific area, for fear of causing harm to that area, or of leaving other areas of your body unprotected.

Your body will literally "turn off". It gives up. But if that were true in *all* of the cases, how could you explain the phenomenal feats of strength which have been documented?

Of course, you couldn't. The mind is responsible for everything which happens within your body. Your mind decides to shut your body off. In cases of extreme emotional stress the mind has the capability to bypass these defense mechanisms, making it possible for a person to utilize up to 100 percent of their maximum strength.

In order to learn to bypass these barriers you must learn what your body is doing when your mind commands its strength or stamina.

The State of Chi

Your body's internal strength responds to a real or imaginary stimulus. This stimulus can be fear, a threat, or a strong desire. It is emotional, since emotions carry the strongest influence with your subconscious, and it is your subconscious which commands your internal strength.

Depending on the emotional effect of that stimulus, you can respond with 30 to 100 percent of your strength. To my knowledge, and to the extent that modern medical knowledge knows or can measure, no person has ever controlled a *full* 100 percent of their strength in one single action.

Once the stimulus has reached your subconscious, a signal goes out to your hypothalamus. Your hypothalamus is about the size of a walnut, and is located in the back of your brain. It acts as a switchboard or terminal for all your brain and body functions.

In a chain of reactions, your hypothalamus releases a hormone, that in turn triggers the pituitary gland to release a hormone commonly referred to as ACTH. ACTH stimulates your adrenal glands which release more hormones, such as adrenalin, cortisone and epinephrine.

These hormones overpower any mental defenses which may prevent your body from exerting maximum strength. Your body will have the ability to lift or pull an extraordinary amount of weight; to endure excruciating pain; to withstand a powerful shock; to run an inordinate distance or with extraordinary speed or to jump incredible heights. You will become a temporary superman. Your strength will be concentrated to achieve a specific action, in reaction to the emotional stimulus.

You will have access to 100 percent of your strength and stamina, in a concentrated area. But also remember that your mind is leaving your entire body susceptable to harm. Mrs. Rogers lifted the auto, but she crushed the vertebrae in her back.

Pain in itself is a defense mechanism to prevent you from harming yourself. As you already learned, pain is a product of the mind. When you break past the defense mechanisms, you feel no pain.

It is this same state of power which Eastern Indians are able to use to walk across hot coals. In reverse, it has been said that some Kung-fu masters exert such mental control that they are able to put their hand in luke warm water and pull it out scalded as though the water had been boiling.

To break apart handcuffs I must utilize a full state of Chi. I estimate that I am using 85 to 90 percent of my total strength. It requires 1400 pounds of pressure on each wrist. I have fractured the bone three times, and have not felt it until the following day.

It is amazing what the mind can do. When I was 11 years old I had a front tooth knocked out. I knew that it was a permanent tooth, and irreplaceable.

I was extremely upset, partly because I looked ridiculous, and also because I thought I'd never be able to bite down on anything again. I'm sure that I took it alot worse than I should have.

When I was sixteen I had my other front tooth broken. Being a bit older, and already having had a cap, I emotionally handled the loss of the second tooth much better.

When the dentist x-rayed my front teeth (what was left of them) for the second cap, they discovered that I had a second permanent tooth growing in where I'd lost my first one!

This is not a rare occurance. It has been documented many other times. I mentally wanted a new tooth so badly, that I grew one. Unfortunately, the root canal the dentist had performed prevented the new tooth from being able to grow correctly, so it was removed anyway.

The Physiology of Chi

There are varying degrees of your internal strength. I'm sure most of you have experienced some degree of your Chi. The intenseness of your state depends on the strength of the emotional stimulus, and on the association which that stimulus causes in your subconscious. One of the strongest stimuli is that of self-preservation. Second to that is fear for the safety of a loved one's life. These life and death stimuli are more than emotional, they are instinctual.

It has long been said in the martial arts that Chi comes from a point several inches below the navel. This is because your adrenal glands are located just above your kidneys. Thus, when they are stimulated you can actually feel a gut level sensation as they become active. You feel this in the pit of your stomach.

Many athletes, in gearing or psyching up for competition, get a sick feeling in their stomachs because of the adrenal activity. Some athletes have even been known to vomit immediately before a competition, because their glands are being stimulated to put their bodies in condition for abnormal exertion.

When going into a state of Chi your muscles tense and your heartbeat and breathing speed up. In order for your body to get rid of the carbon dioxide building up in your system, you begin to pant. The muscles of your bronchial tubes tighten making your breathing shallower, almost choking you.

Your digestive system shuts down completely. Your esophagus contracts and the gastric juices stop flowing. This is the point when many people will actually vomit.

Your entire body is in a state of shock. Blood is diverted to the large working muscles. Small blood vessels near the skin partially close down—a defense to prevent excessive bleeding should you be harmed. In addition, this gives your skin a clammy feeling because the circulation is drawn away from your skin.

You must keep in mind that the state of Chi is a normal reaction to an intense stimulus, but your body is not functioning normally. If the state of Chi could be maintained for any extended period of time it would kill you. I have never been able to maintain full use (80—90 percent) of my internal strength for more than four minutes.

I practice the use of my internal strength everyday; however, I induce a full state of Chi very rarely. Except for the first time, every time I have broken handcuffs, which requires a full state of Chi, I have done so before an audience.

The milder control of the internal strength is of far more use than the full state. Milder forms can be used to channel energy so that you can react quicker and more intensely to a situation. In learning the state of Chi, as I'm sure you have noticed over the past four weeks, you must learn how to control your concentration, your emotions, your motivation, muscular reaction and other facets of your daily life.

How To Control Your Chi

To control your internal strength requires you to control your entire life. You need to know yourself. You need to understand what drives you. You need to understand what causes emotional reactions in your life.

You must find out for yourself what makes you act. In the past four weeks you should have already made progress in this direction.

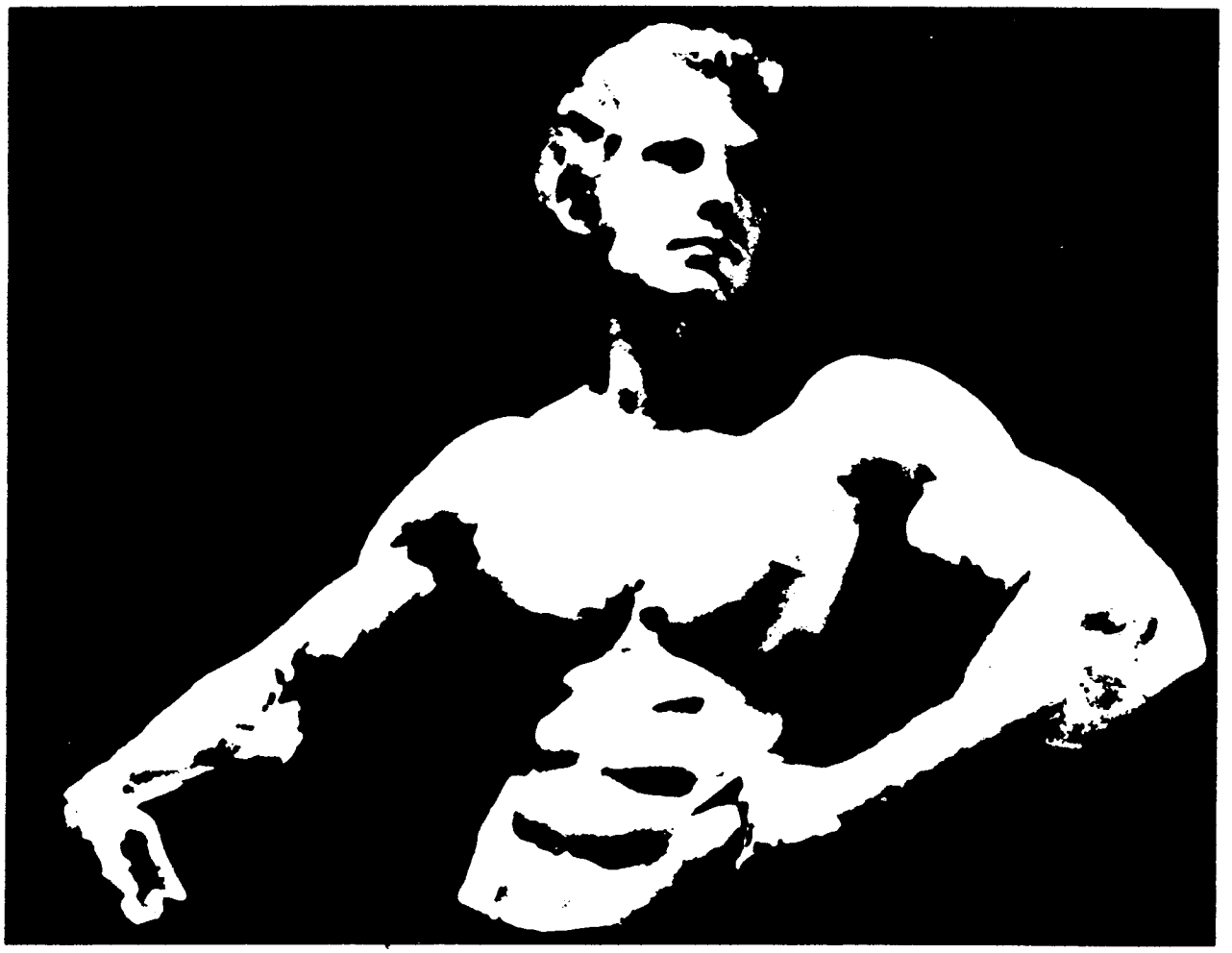
You have learned what Chi is, and how it works. Now you must learn how to create the emotional stimulus which will turn your body on.

As you have already found, it is relatively easy to visualize a simple association, such as the yawn, to make your body react. To reach maximum strength potential requires an extremely strong emotional stimulus.

As I said before, you must work up to this slowly. It will become easier to visualize and imagine the stimulus as you practice. But keep in mind, start out slowly.

Directing your concentration is a highly individualized art. Each person has a unique set of associations which control their actions. For each person there are many degrees of reaction to any given situation.

For this reason I must speak in very general and broad terms in this section. You must constantly apply what I say to your life. Do not concern yourself with my motives, think only of your own.



The lazy man looks at life and sees only black and white, good or bad. The wise man sees the gray areas in between, and finds the meaning and the truth lying therein.